

## Burns

It is wise to avoid the middle of the day for routine outings and to limit time of exposure. A sun lotion may be useful as an added precaution over 6 months of age. Use at least water resistant, PABA Free, SPF 15 sunscreen with both UVA and UVB protection. If you have a fair complexion, use a SPF 30. Look for active ingredients such as Parsol 1789, Oxybenzone, or Titanium Dioxide. Sunscreen should be applied at least 30 minutes prior to leaving the house to the entire body. Note that normal cotton clothing only has an SPF of about 7 or 8. In Florida, it is impossible to avoid the sun which puts everyone at an increased risk for skin cancer.

Turn pots and pans with handles in toward the stove. Keep hot foods and hot beverages away from children. If a burn should occur, apply cold water immediately and contact my office.

Also be careful of curling irons and/or dangling electric cords. These items frequently cause burns on hands or arms because young children grab them unknowingly while they are still hot.