Sunscreen Release

I give permission for the staff at the UNL Children’s Center to put sunscreen on my child. It is to be applied daily May through September.

If you do not wish for the staff to apply our Center sunscreen, you will need to bring the sunscreen that you wish for the UNL Children’s Center to use on your child. Please have the bottle labeled with your child’s first and last name.

Please note any special information that the UNL Children’s Center may need concerning past reactions to sunscreen.

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Child’s Name: __________________________

Parent’s Signature: ________________________

Date: __________________________

Please return to your child’s teacher.

Skin Cancer and Children

No one should be exposed to the point of a sunburn or a suntan. A tan means there has been sun damage. Eighty percent to ninety percent of sun-related damage that can lead to melanoma occurs prior to age eighteen.

Setting Limits: Limit the time your children spend in the sun. UV rays are the strongest between 10 a.m. and 3 p.m. Clouds only block a small portion of UV rays.

Sunscreen: Check for products that protect against both types of UV rays (UVA and UVB). Experts recommend liberal use of sunscreen rated at least 15 SPF.

Covering Exposed Skin: Hats with a wide brim all around offer more protection than baseball caps or visors. Tightly knit, lightweight fabrics make the best summer clothes.

Sunglasses: Darker doesn’t necessarily mean better. UV protection comes from an invisible chemical applied to the lens. For best protection, look for glasses that block out 99% to 100% of UVA and UVB radiation.