



University of Nebraska-Lincoln Children's Center

Sunscreen Release

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.

After reading the above statements, please select one of the following:

- I give permission for the staff at the UNL Children's Center to put sunscreen on my child. It is to be applied daily as weather and forecasted UV rays designate.
- I do not wish for the staff to apply Center sunscreen because I will bring the sunscreen that I wish for the UNL Children's Center to use on my child. I will have the bottle labeled with my child's first and last name.
- I do NOT want sunscreen applied on my child while at the UNL Children's Center.

The UNL Children's Center *does not* provide insect repellent of any kind. If you would like to provide insect repellent to be applied to your child upon going outdoors, please check below and list the repellent that will be provided.

I will provide the following insect repellent for my child. _____

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

Child's Name: _____

Parent's Signature: _____

Date: _____