

Your Child's Health is Our #1 Priority: Skin Protection During Outdoor Activities

The summer is certainly a time to be outdoors, getting plenty of fresh air and exercise. It is also a time of sunshine and bugs! While enjoying summer fun, please remember certain important safety tips to help protect your children.

If your daughter is attending a Girl Scout Summer Day Camp please make sure she is using the proper sunscreen and insect repellent.

Please apply sunscreen first then insect repellent second to maximize the effectiveness of the sunscreen.

Sunscreen:

- Choose a water-resistant or waterproof sunscreen and reapply every two hours.
- Zinc oxide, a very effective sunblock, can be used as extra protection on the nose, cheeks, tops of the ears and on the shoulders.
- Use a sun protection factor (SPF) of at least 15.
- Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees.
- Put on sunscreen 30 minutes before going outdoors – it needs time to work on the skin.

Insect Repellent:

According to the CDC, the most effective insect repellent contains DEET.

What is DEET? DEET (chemical name N,N-diethyl-meta-toluamide) is used as the active ingredient in many insect repellents. Insect repellents that contain DEET offer the best protection against mosquito bites. DEET is designed for direct application to skin to repel insects, rather than kill them. Products containing DEET currently are available to the public in a variety of liquids, lotions, sprays, and impregnated materials (e.g., wrist bands). Concentrations of DEET in products that are designed for application to skin range from 4% to 100%.

Read and follow all directions and precautions on the product label.

- To apply to face, first spray product onto hands, then rub onto face.
- Use only when outdoors and wash skin with soap and water after coming indoors.
- Higher concentrations of DEET may have a longer repellent effect, however, concentrations over 50% provide no added protection.
- Follow product recommendations on how often to apply. Use just enough repellent to cover exposed skin and/or clothing. Avoid over-application of the product.
- DEET may be used on adults, children, and infants older than 2 months of age

There is a heightened sense of awareness regarding the spread of the Zika virus thru mosquito bites and the Girl Scouts are taking every reasonable precaution to minimize this risk.

The camp facilities have checked and repaired screens; removed standing water; added hammock nets; and educated their staff on proper use of insect repellent and how to look for symptoms of infection.