

SUMMER IS COMING!

TRANSPLANT MANITOBA
Pediatric Kidney Program

PROTECT YOURSELF FROM THE SUN

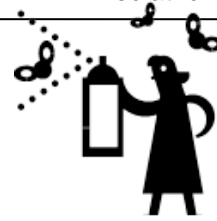


- Outdoor activities should be reduced or avoided between 10 am and 4 pm if possible.
- If you are outside during the day, stay in the shade as much as you can and wear a hat and protective clothing.
- Don't forget to protect your eyes with UV protective sunglasses. *Even on cloudy days, clouds only block about 20% of the sun's UV rays.*
- Always use a sunscreen with an SPF of 45 or more.
- Use the sunscreen as directed on the package or bottle.
- Although all-in-one sunscreen and insect repellent preparations are convenient, the sunscreen is not as effective.
- Lots of sunburns when you are young will nearly double your risk of skin cancer when you get older.
- People who have had a kidney transplant are at even higher risk for skin cancer.
- Sunscreen only works if you use it correctly. An average-sized bottle of sunscreen should last about two weeks if you are going out into the sun every day.

You can put as much sunscreen on as often as you need, but use insect repellent with DEET only as directed.



AVOID BUG BITES



- Try to stay inside at dawn, dusk and early evening, when mosquitoes are most active.
- Make sure there are no holes in window and door screens.
- Whenever possible, get rid of standing water around your home.
- Use bug spray (insect repellent) when going outside.
- Put on sunscreen before bug spray. Wait about 15 minutes after putting on sun screen before putting on bug spray.
- Everyone over 6 months of age should use insect repellent with DEET.
- Put DEET on exposed skin only, not under clothes. Do not use DEET on the hands of young children; do not put it around the eyes and mouth; and do not put on children under 6 months of age.
 - For children aged 6 to 24 months, use one application per day of <10% DEET. One application of 10% DEET offers three hours of protection against mosquitoes. In addition, you can use a mosquito net when the child is outdoors in a crib, playpen or stroller.
 - For children aged 2 to 12 years, you can use up to three applications per day of <10% DEET. One application of 10% DEET offers three hours of protection against mosquitoes.
 - For children 12 years of age and older, use 30% DEET. One application of 30% DEET should work for six hours against mosquitoes.
- People who have had a transplant have weaker immune systems. This puts them at a higher risk for developing serious complications of West Nile Virus. West Nile virus is carried by mosquitoes. You can get more information about West Nile Virus at <http://www.cdc.gov/westnile/index.html>