



### SunWise™

#### Toolkit

- Sunscreen
- Lip balm
- Hats, head coverings
- Sunglasses
- Extra clothing—lightweight, loose-fitting
- Water/cups (1 gallon/person/day for 3 days minimum) for drinking and personal care
- Liquids that will replace electrolytes, etc.
- Light snack foods
- First aid kit
- Additional first aid supplies (lockable container): extra sterile gloves, burn ointment, eye wash, antiseptic wipes, thermometer, tweezers, pain relievers (child and adult), laxatives, anti-diarrheal (child and adult), petroleum jelly, polysporin or bacitracin, Benadryl (child and adult), cold pack, ace bandages
- Moist towelettes/wipes/ paper towels



#### Equipment

- Umbrellas
- Tarps, sheets
- Plastic sheeting or large heavy duty plastic bags/duct tape/scissors
- Portable shade structures
- Tools necessary to set-up shaded area
- Knife/scissors
- Rope, cords, clips, nails/hitches
- Work gloves
- Water purifications tablets/regular bleach/eye dropper/cheesecloth

#### Planning

- Try to select evacuation locations that have sheltered areas that provide shade, protection from direct sunlight
- Be prepared to set-up protected areas



### Arizona Department of Health Services

Bureau of Child Care Licensing  
 Phone: 602-364-2539  
[www.azdhs.gov/licensing/childcare-facilities/index.php#emergency-preparedness-resources](http://www.azdhs.gov/licensing/childcare-facilities/index.php#emergency-preparedness-resources)

Children's Environmental Health Program Phone: 602-364-3143  
[www.azdhs.gov/preparedness/epidemiology-disease-control/sunwise/index.php](http://www.azdhs.gov/preparedness/epidemiology-disease-control/sunwise/index.php)

### ► Be Prepared

## Sun Safety Awareness in Disaster and Emergency Management



Tel: 602-364-2539



# Be Prepared to be SunWise during Emergencies



## SunWise™ hints

In Arizona, regardless of the season, the sun and its effects must always be considered as you plan for emergencies.

Disasters and emergencies occur regardless of environmental conditions.

Frequently those conditions cause or contribute to the situation itself. It is an important part of emergency management plans to be prepared for the possible repercussions on the health and safety of those in your care by the existing environmental conditions.



## Sun Damage

- Remember sunburns can happen **anytime** of the year, even on cool and/or cloudy days.
- Sunburn can occur when children and staff are exposed to direct sunlight during an emergency evacuation *between the hours of 10 a.m. and 4 p.m.*
- Skin should remain the color it was born in:

**TAN = Sun Damage**

## Prevention

- Identify umbrellas, shade structures or trees that can be utilized during an evacuation.
- Try to evacuate to an indoor venue.
- Protect skin with lightweight, loose-fitting clothing (summer).
- Wear wide-brimmed hats.



- Protect exposed skin with sunscreen and lip balm (SPF of 15 or higher). Reapply every two hours or as needed.
- Wear sunglasses, to protect eyes from UV rays.
- Provide sunglasses, to protect eyes from UV rays.
- Provide sunscreen on-site so that children and staff have ready access.
- Provide umbrellas, other portable shade.
- Familiarize both staff and children with the SunWise™ Tip Sheet, available from ADHS.

