

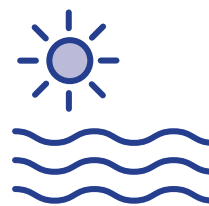
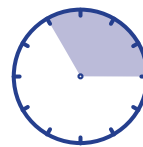
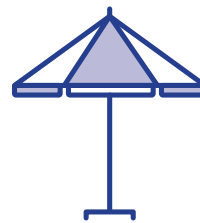
# Sun protection for mothers during breastfeeding – a guide

Components of sunscreens can pass into your breast milk.  
This guide is about how you can still protect yourself from the sun.

**The following order applies to sun protection:**

## 1. Shade

- First, avoid the sun.
- Especially the midday sun.
- Beware of indirect radiation, by sun rays reflecting off water or snow.
- UV radiation passes through even when there are clouds. Your skin needs protection from the sun.



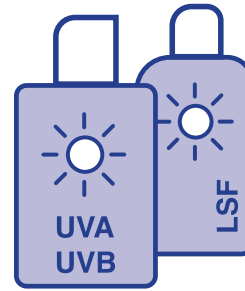
## 2. Clothing

- If sun avoidance is not possible, cover as much as possible of your body with clothing.



## 3. Sunscreen

- Sunscreens should be used only when shade or covering yourself with clothing is not possible. Preferably use mineral sunscreens.



- The uncovered parts of your body should be covered with sunscreen.

- A high protection factor against UV rays is always better for your skin.

- Mineral sunscreen filters should be used when breastfeeding.  
Get advice at the pharmacy.



Quellen:

**Broschüre Sonnenschutz der Krebsliga Schweiz**

<https://shop.krebsliga.ch/files/klb/webshop/PDFs/deutsch/sonnenschutz-broschuere-011320011111.pdf>

**Endocrine Active UV Filters: Developmental Toxicity and Exposure Through Breast Milk**

Schlumpf M., Kypke K., Vökt C., Birchler M., Durrer S., Faass O., Ehnes C., Fuetsch M., Gaille C., Henseler M., Hofkampe L., Maerkel K., Reolon S., Zenker A., Timms B, Tresguerres J.A.F., Lichtensteiger W., CHIMIA 2008, 62, No. 5  
[www.snf.ch/SiteCollectionDocuments/nfp/nfp50/nfp50\\_article\\_chimia\\_2008\\_345.pdf](http://www.snf.ch/SiteCollectionDocuments/nfp/nfp50/nfp50_article_chimia_2008_345.pdf)

**Informationen auf der Internetseite des Bundesamtes für Lebensmittelsicherheit und Veterinärwesen (BLV)**

[www.blv.admin.ch/blv/de/home/gebrauchsgegenstaende/kosmetika-schmuck/kosmetika/sonnenschutzmittel.html](http://www.blv.admin.ch/blv/de/home/gebrauchsgegenstaende/kosmetika-schmuck/kosmetika/sonnenschutzmittel.html)



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