

## SUN SAFETY TIPS

### Sunrays can:

- cause sunburn,
- cause skin cancer,
- cause eye damage,
- cause premature aging, and
- suppress the immune system.

### To reduce your risks here are some tips:

#### Using sunscreens:

- Natural protection (staying in the shade as much as possible) plus a sunscreen of at least SPF 15 with UVA & UVB protection is best.
- Reapply the sunscreen (including waterproof varieties) at least every 2 hours and after water play or sweating.
- Choose a milky lotion preferably without alcohol.
- Apply sunscreen at least 20 to 30 minutes before going outside to activate protective ingredients. Reapply 20 minutes after being out in the sun to ensure even application and better protection.
- Apply an SPF 15 or higher lip balm to the lips.
- Apply sunscreen liberally to the upper back, tips of ears, lips, nose, and neck.

#### Good habits:

- Keep babies out of direct sunlight. Do not use sunscreen on babies under 6 months of age (please refer to the "Sun Safety for Babies" health information sheet).
- Create a sun-safe environment with shade or shelter.
- Wear a wide-brimmed hat (7.5 cm / 3 inch) that protects your head, face, ears and neck.
- Wear unbreakable sunglasses that offer 100 percent UV (ultraviolet) protection.
- Choose clothes that are loose fitting, tightly woven, and lightweight to cover arms and legs.
- Reduce the time spent outside between 11 a.m. and 4 p.m. when the sun's rays are the strongest or when the UV index is 3 or higher. If your shadow is shorter than you are, the sun is at its strongest.
- Beware of reflected sun from water, snow, sand, pavement, and walls.
- Drink plenty of water to prevent dehydration.

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**Remember:**

- Never leave infants, children or pets alone in a vehicle.
- No sunscreen is 100 percent effective by itself.
- Skin damage caused by sunburns adds up throughout your lifetime.
- Stay in the shade as much as possible.
- Ultraviolet rays can get through clouds, fog, and haze so don't be fooled by cloudy days.

SLIP on clothing to cover, SLAP on a wide-brim hat, SLOP on a sunscreen of at least SPF15 with UVA and UVB protection.

**Contact KFL&A Public Health for:**

- more information on sun safety,
- help to provide a sun safe community, and
- a list of sunscreens recommended by the Canadian Dermatology Association.

Call the KFL&A Public Health's Living Well phone line at 613-549-1232 or 1-800-267-7875, ext. 1180.

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