



## **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 a SPF 15 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.
- 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.

**Remember:**

- No sunscreen is 100 percent effective by itself.
- Never leave infants, children or pets alone in a vehicle.
- Skin damage caused by sunburns adds up throughout your lifetime.
- Don't use tanning beds. They can emit up to 5 times more UV rays than the sun.

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- 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 SPF 15 sunscreen.

**Contact the Health Info Line for:**

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

Renfrew County and District Health Unit  
Health Info Line  
7 International Drive  
Pembroke, Ontario K8A 6W5  
613-735-8666 or 1-800-267-1097, Ext. 666.

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