

Be Sun Safe

One bad sunburn in childhood can double the risk of developing skin cancer (Canadian Cancer Society). Help protect yourself and your family.

- Reduce sun exposure between 11:00 a.m. to 3:00 p.m. or when the UV index is three or more.
- Seek shade or create your own shade.
- SLIP! On lightweight clothing that covers your arms and legs.
- SLAP! on a wide brimmed hat and UV protected sunglasses with wraparound frames and even shading.
- SLOP! on sunscreen and lip balm with SPF 30 or higher and reapply periodically, especially after sweating or going in the water.
- Keep babies under one year out of the direct sun.



For health related information visit <https://www.publichealthgreybruce.on.ca/Your-Health/Sun-Safety>

This material is provided by Grey Bruce Health Unit.

Be Sun Safe... and have FUN on play days

School play days in the warmer months are fantastic opportunity to promote physical activity and have fun outdoors! Enjoy the sun safely by having your children follow these tips:

- Cover up with long-sleeved t-shirts, wide brimmed hats and sunglasses
- Apply lots of SPF 30 sunscreen before going to school and encourage them to re-apply it periodically throughout the day (before going out again at lunchtime).
- Find shady areas to play when not in a structured activity. If there isn't enough shade from buildings or trees, look for umbrellas and canopies.
- Have enough water to drink for the whole day to prevent dehydration.



These tips are very important if the UV index is 3 or greater and between the peak UV hours of 11:00 a.m. to 3:00 p.m.

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Winter sun safety

It's true. The winter sun contains UV rays and sunburns do occur, even though it is cold outside.

Winter Sun Facts:

- Snow reflects up to 80 percent of UV rays, which bounce off the ground, so sunburns can occur in unusual areas (e.g. under the chin)
- Sports at higher altitudes increase the risk of serious sunburn, as there is less atmosphere to block the sun's rays
- "Snow blindness" can occur if your eyes are unprotected – eyes can temporarily feel gritty and watery.



Protect Yourself:

- Cover up! When outside, wear protective clothing and a hat
- Wear sunglasses with 100 percent UVA and UVB protection. Close-fitting, wrap-around styles can offer greater protection
- Use a sunscreen with SPF 30 on exposed skin. Reapply periodically.
- Apply lip balm SPF 30 or higher to your lips. Reapply periodically.
- Remember to apply sunscreen 30 minutes before going outdoors and reapply periodically.

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