



KNOW YOUR LIMITS



WITH SUN

There's no doubt the sun is going to be out this summer. As much as the sun feels good when it hits our skin, overexposure to UV rays has negative health effects. Do you know your limits?

Overexposure to UV Rays Can Lead to:

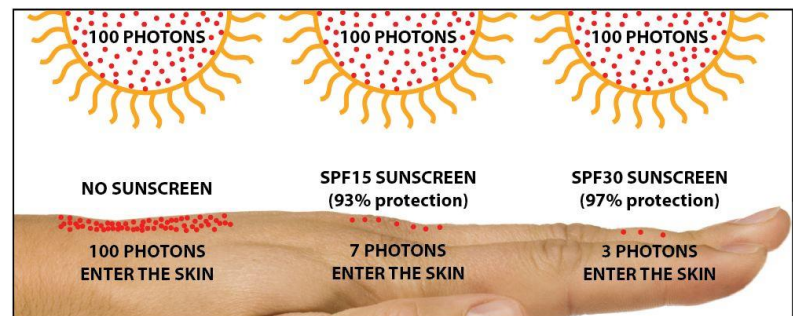
- Sunburns
- Skin cancer
- Premature skin aging
- Eye damage
- Weakened immune system

What is SPF?

Sun Protection Factor describes how well sunscreen can protect your skin from sunburns and any damage that can contribute to skin cancer. Dermatologists recommend using at least SPF 15 or 30. SPF 15 blocks 93% of UVB rays (allowing 7% penetration). SPF 30 blocks 97% of UVB rays (allowing 3% penetration). In other words, SPF 30 allows only half the UVB penetration.

Sun Protection

- Generously apply sunscreen 30 minutes before exposure to the sun
- Reapply every 2 hours or after swimming or sweating
- Limit exposure in sun between 11am-4pm
- Cover up with protective clothing and sunglasses
- Remember to cover up ears, neck, and top of feet
- Seek as much shade as possible



Stay Cool with Infused Water!

- You know what the ingredients are because you are adding them yourself
- Receiving natural occurring vitamins, minerals, and antioxidants vs. added sugar in soft drinks, sports drinks, and fruit juices
- Inexpensive and economically friendly
- Customizable, able to choose any flavour you desire
- Lemons cleanse the liver, aid digestion, keep your skin clear, and is loaded with Vitamin C



www.canada.ca/sun-safety

Try these!

- Cucumber + Ginger
- Cucumber + Orange
- Lemon + Cucumber
- Lemon + Mint
- Lemon + Lime + Cucumber
- Lemon + Pomegranate
- Cucumber + Grapefruit
- Lemon + Apple + Ginger
- Tangerine + Strawberries
- Blueberries + Mint
- Blackberries + Raspberries + Strawberries
- Watermelon + Cilantro
- You can experiment with adding some vegetables and other herbs if you desire – there are endless combinations!