

# SUN SAFETY



## Block the Sun, Not the Fun

### All About the Sunscreen

It's best to stay out of the sun when it is more direct (usually between 11 am and 3 pm), but when you are in the sun, a good sunscreen is a must. Use sunscreen with an SPF of at least 15 that blocks both UVA and UVB rays. UVA rays penetrate more deeply into the skin and cause premature aging and contribute to the development of skin cancer. Remember to use sunscreen even on hazy or overcast days.

Apply a generous amount of sunscreen 30 minutes before going into the sun and re-apply every 2 hours or after swimming or sweating.



### Avoid Sunburned Eyes!



Yes, you read that right, even your eyes can get a sunburn! It's called *photokeratitis* and it can happen in just a few hours of unprotected exposure to the sun. If you don't wear sunglasses regularly, you're also increasing your risk for cataracts, macular degeneration, and growths on the eye.

Pass on the trendy eyewear that's just for looks, and choose sunglasses with at least 99% UV absorption for optimal protection for the eyes and surrounding skin. Be sure to select glasses that offer protection from both UVA and UVB radiation.

### Take Cover and Cover Up

If your shadow is shorter than you, it's your cue to find some shade because the sun's rays are at their strongest. If you can see the sky from your shady spot, you still need to cover up with clothing, a hat, sunglasses, and sunscreen. UV rays can still reach you in the shade by reflecting off the surrounding surfaces.

When it comes to hats, broad-brimmed hats are best. Baseball caps protect the face, but not your ears and neck, which are common areas skin cancers can develop later in life.



**Sources** [www.canada.ca/sun-safety](http://www.canada.ca/sun-safety)  
[www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/the-6-best-ways-to-be-sun-safe/?region=on](http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/be-sun-safe/the-6-best-ways-to-be-sun-safe/?region=on)  
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