

# Using your **SUNSCREEN**

- Use a minimum SPF 30 sunscreen or lip balm
- Try a small amount of the sunscreen product on your arm, check for reactions up to 48 hours later
- Apply sunscreen generously and evenly **20-30 minutes before sun exposure**
- Don't forget to reapply!

For more information, please contact  
York Region *Health Connection*

**1-800-361-5653**

TTY: 1-866-252-9933



The **first** thing you put on in the morning  
shouldn't be **your clothes...**  
choose a **SUNSCREEN** with

**SPF 30  
or higher**



# Make choices today for a healthier tomorrow

- Reduce sun exposure between 11 a.m. and 4 p.m.
- Sunscreens should not be used to extend the amount of time you would normally spend in the sun
- Seek shade or create your own
- Cover up — wear a hat with a brim and sunglasses with UVA and UVB protection
- Reapply sunscreen every two hours, or after swimming or sweating
- Reapply lip balm with SPF 30 every hour
- Protect yourself from harmful rays, check the UV index daily
- **There is no safe way to tan** — a tan from the sun's rays or under lights in a tanning salon will damage your skin\*

\*Source: Health Canada

## UV index

0-2 low	minimal protection needed
3-5 moderate	take precautions
6-7 high	protection needed
8-10 very high	extra protections needed
11+ extreme	take full precautions

Check out ► [www.cancer.ca/ontario.aspx](http://www.cancer.ca/ontario.aspx)  
[www.dermatology.ca](http://www.dermatology.ca)