

Be SUNSMART



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

- Reduce sun exposure between 11 a.m. and 4 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 every two hours
- Keep babies under one year of age out of the direct sun

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

