

May 2010

## Be SUNSMART

According to the Canadian Cancer Society, one bad sunburn in childhood can double the risk of developing skin cancer. Following the Canadian Cancer Society SunSense guidelines can 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 out of direct sunlight



**Have fun this summer and be SUNSMART!**

**For health-related information call York Region  
Health Connection at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca)**