

# Winter sun safety



It's true. The winter sun contains UV rays and sunburns do occur, even though it is cold outside.

## Winter Sun Facts

- Snow reflects up to 80 per cent of UV rays, which bounce off the ground, so sunburns can occur in unusual areas (e.g., under the chin)
- Sports at higher altitudes increase the risk of serious sunburn, as there is less atmosphere to block the sun's rays
- "Snow blindness" can occur if your eyes are unprotected - eyes can temporarily feel gritty and watery

## Protect Yourself:

- **Cover up!** When outside, wear protective clothing and a hat
- Wear **sunglasses** with 100 per cent UVA and UVB protection. Close-fitting, wrap-around styles can offer greater protection
- Use a **sunscreen and lip balm** SPF 30 or higher
- Remember to apply sunscreen 15 to 30 minutes before going outdoors and reapply every two hours



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](http://www.york.ca/healthyschools)