

Enjoy your holiday in the sun!

- ☀️ Apply sunscreen and lip balm with SPF 15 or higher 20 minutes before going outdoors
- ☀️ Reapply sunscreen every 2 hours and after swimming
- ☀️ Wear a wide brimmed hat and sunglasses
- ☀️ Look for shaded areas to enjoy outdoor activities
- ☀️ Remember, the closer you are to the equator the stronger the sun's rays

For more information on sun safety contact
York Region Health Services
Health Connection at 1-800-361-5653

