

Be SunSensible

A day at the beach is a fun and relaxing way to spend time outdoors. Remember to be sunsensible. Ultraviolet (UV) radiation from the sun can increase your risk of developing skin cancer, cataracts and may cause premature aging of the skin. It is important to follow these sun safety guidelines:

Slip!
on a shirt

Slap!
on a wide
brimmed hat

Slop!
on sunscreen
and lip balm
with SPF 15
or higher

TIPS:

Apply sunscreen 20 minutes before going outdoors. Reapply every 2 hours and after swimming, water sports or heavy perspiration. Pay special attention to ears, nose, neck and feet.

Do not use sunscreen on babies under 6 months of age. Babies under 1 year should be kept out of direct sunlight. Use a covered stroller to protect against sunburn, dehydration and damage to sensitive eyes and skin.

UV rays are strongest between 11am and 4pm. Seek shade whenever possible. Bring a beach umbrella or make use of awnings or shade structures.

Wear sunglasses that block UVA and UVB radiation. Choose wraparound frames with lenses in grey, brown or green tint with even shading.

The sun's rays can be reflected onto your skin by water and sand. Protect against sun damage by wearing a wide brimmed hat and sunscreen. Have lightweight clothing available to wear for added protection.

For more information please call York Region Health Services
Health Connection at 1-800-361-5653

