

Be SUN SAFE



near the WATER

Enjoy the sunshine and outdoor activities, but remember:

Water offers no protection from the sun. UV rays can penetrate water up to a depth of several feet. Bright surfaces such as water can reflect up to 80% of the sun's harmful rays, causing sunburn and damage to uncovered skin.

Tips:

- * Protect yourself and your children. One in seven children born today will develop skin cancer in their lifetime! One bad sunburn in childhood can double the risk of developing skin cancer later on in life. Use sunscreen and lip balm with SPF 15 or higher, wide brimmed hats, sunglasses and lightweight, long sleeved clothing.
- * Babies under one year of age should be kept out of the direct sun to prevent sunburn, dehydration and damage to sensitive eyes and skin. Do not use sunscreen on babies under six months of age.
- * All sunscreen needs to be reapplied every two hours, including those that indicate they are waterproof and sweat proof. Remember to reapply after swimming, water sports and heavy perspiration.
- * Seek shade whenever possible – make use of beach umbrellas, awnings, etc. Reduce sun exposure between 11 am and 4 pm when the sun is strongest.
- * Sunscreen is not meant to extend your time in the sun, but to provide protection during unavoidable exposure.
- * Did you know you can still burn through a shirt? Wear sunscreen even under clothing.

Enjoy the water and outdoor activities, have fun and be sun safe.

Slip... on clothing – make it loose, lightweight and tightly woven

Slap... on a wide brimmed hat

Slop... on sunscreen with SPF 15 or higher



For more information, contact York Region
Health Connection at 1-800-361-5653.