

Be sun safe...and have FUN on play days



School play days in the warmer months are a fantastic opportunity to promote physical activity and have fun outdoors! Enjoy the sun safely by having your children follow these tips:

- Cover up with long-sleeved t-shirts, wide-brimmed hats and sunglasses
- Apply lots of SPF 30 sunscreen before going to school and re-apply it every two to three hours (before recess and lunch or going outside)
- Find shady areas to play. If there isn't enough shade from buildings or trees, look for umbrellas or canopies
- Have enough water to drink for the whole day to prevent dehydration

These tips are very important if your play day is between the peak UV hours of 11 a.m. to 4 p.m.

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

