

December 2009

Winter sun safety

You don't have to go south to get sunburned in the winter – UV rays are present all year long.

Winter Sun Facts

- Snow reflects up to 80 percent of UV rays, making them bounce off the ground. This means that you can be burned in unusual areas such as under the chin.
- Sports at higher altitudes increase your risk of serious sunburn as there is less atmosphere to block the sun's rays.
- A condition called snow blindness can occur if your eyes are unprotected. This temporary condition can result in your eyes feeling a sense of grittiness and watering.



Winter Sun Prevention

- Cover up! When outside wear protective clothing and a hat.
- Wear sunglasses with 100 percent UVA and UVB protection. Close-fitting, wraparound styles can offer greater protection.
- Use a sunscreen and lip balm with SPF 30 or higher. Apply it 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 or visit www.york.ca**