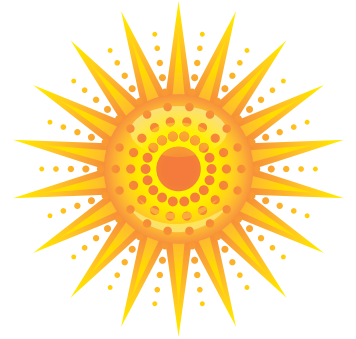


Sunscreen Facts:

Be Sun Safe

Using a sunscreen is one important step in protecting yourself from the harmful ultraviolet (UV) rays of the sun. When choosing a sunscreen, consider the following:



Sun Protection Factor (SPF)

The SPF number on a sunscreen bottle or lip balm indicates the ability of the product to protect the skin from the sun's UVB rays. The higher the SPF number, the more protection offered.

Choose a product with a minimum SPF 15. However, if you spend a lot of time outdoors and/or have a high number of skin cancer risk factors, choose a product with a higher SPF.

Do not forget to apply generously on all exposed skin and reapply at least every two hours.

UVA and UVB

Ultraviolet A (UVA) rays penetrate deeply into the skin. These rays are most responsible for delayed tanning and premature aging. UVA is not filtered by the atmosphere and can pass through glass.

Ultraviolet B (UVB) rays are more intense than UVA rays. UVB rays penetrate just below the skin's surface. These rays are largely responsible for sunburns.

Both UVA and UVB rays can cause the skin to burn and lead to skin cancer, eye damage and premature aging. They can also affect your immune system.

Broad Spectrum

Broad spectrum sunscreens contain both UVA and UVB filters that provide protection against both types of radiation.

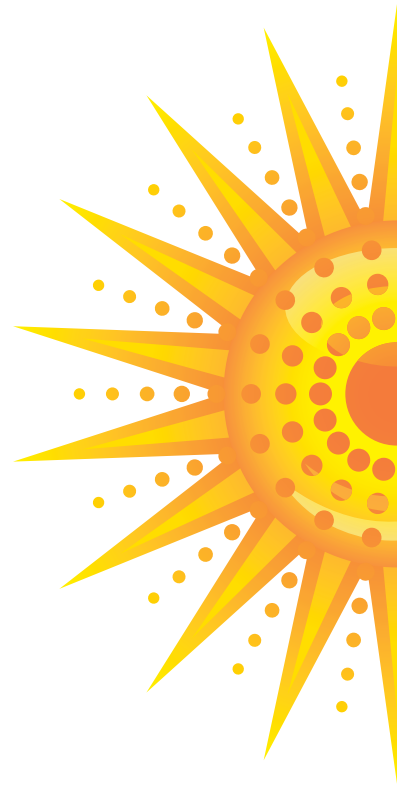
Expiration Date

Active ingredients in sunscreen expire. Check the expiration date on the bottle as expired sunscreen may not provide reliable protection.



Sunscreen Tips

- ☀ Do not use sunscreen on babies under six months old.
- ☀ Keep babies under one year out of direct sunlight.
- ☀ For first-time use, patch test for irritation, particularly with children.
- ☀ Apply a small amount of sunscreen on the inside of the elbow for several consecutive days. If the skin turns red or otherwise reacts, change products and test again.
- ☀ Apply sunscreen generously, ideally 20 minutes before outside activities.
- ☀ Apply sunscreen to all areas of your skin. Do not forget your ears, nose, back of your neck, the part in your hair or bald spots. Most adults require 30 ml of sunscreen – approximately the size of a golf ball – to cover exposed skin.
- ☀ Reapply sunscreen every two hours and after swimming, exercise or heavy perspiration.
- ☀ Mosquito repellent products may reduce the SPF capacity of the sunscreen you are using.
- ☀ If you are using both products, apply the sunscreen 15 minutes before you apply mosquito repellent.
- ☀ Remember to also use a lip balm with SPF 15.



For more information on sun safety, contact York Region Health Connection at 1-800-361-5653 (TTY: 1-866-252-9933) or visit www.york.ca

References:

Babies, Children and Sun Safety, Health Canada, 2007

It's Your Health: Sunscreens, Health Canada, 2006

Sun Safety and Children, Canadian Cancer Society, 2010

Backgrounder: Steps to Sun Protection During Outdoor Sport and Recreational Activities, Canadian Dermatology Association, 2009