

## Sun Safety

### Facts About Sunlight/UV Rays

- During spring and summer months, the intensity of UV rays are the highest of the year
- In Canada, the UV index is generally 3 or higher between 11:00 am - 3:00 pm
- Up to 80% of sun rays can travel through clouds, mist, and fog on sunny or cloudy days
- Overexposure to UV rays can cause sun burns, premature aging, skin cancer, eye disease and immune suppression



### Sun Safety Tips



- Try to avoid going outside during high UV index hours (11 am - 3 pm)
  - Apply sunscreen at least 15 minutes before going outside and reapply every 2 hours
  - Wear wide brimmed hats, long sleeve tops and pants made from breathable fabrics
  - Use a sunscreen with SPF 30 or higher, with broad spectrum and water resistance labels
- Wear sunglasses with UVA and UVB protection

### For More Information and resources

- <https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-tips-parents.html>
- <https://dermatology.ca/public-patients/sun-protection/free-printable-resources/>