

# Sunsense

Exposure to natural sunlight is an important step in maintaining good health. But too much can lead to sunburn, eye problems and skin cancer. It is still possible to enjoy outdoor activities while reducing sun exposure, see the tips below.

## Minimize Sun Exposure

- Plan your outdoor activity before 11a.m. – 4p.m. when the sun's rays are the strongest
- Consult the UV index for daily forecasts of Ultra Violet Radiation intensity
- Be extra cautious when the UV Index is 3 or more
- Remember in winter sun exposure is also intense, especially near snow
- Sun rays can penetrate light clouds, fog and haze
- UV is more intense in warmer climates and sun protection is important
- A tan is not "healthy"

## Cover Up/Seek Shade

- Create shade in the form of umbrellas, canopies and trees
- Cover your arms and legs with loose fitting, tightly woven and light weight clothing
- Wear a hat with a wide brim to shade your face and neck
- Most skin cancers happen on the face and neck
- Wear sunglasses that protect against UVA and UVB rays



## Use Sunscreen

- Sunscreens should be used WITH shade, clothing, hats and sunglasses
- Sunscreens are not intended to lengthen the time spent in the sun, but to provide some protection from a sunburn when people need to be in the sun
- Use a sunscreen with SPF (Sun Protection Factor) of 15 or higher with UVA and UVB protection
- Look for the term "broad spectrum" on the label
- Apply sunscreen 20 minutes before going outdoors and reapply every 2 hours
- For sun sensitive skin, use an SPF 30 or higher
- Re-apply after swimming, excessive sweating or toweling off
- Apply sunscreen to ears, lips, exposed scalp and top of feet

The Canadian Cancer Society recommends checking your skin regularly. Report any changes to your physician. For more information on skin cancer and early detection visit [www.cancer.ca](http://www.cancer.ca).



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