

SUN SAFETY FOR EVERY DAY



THE SUN'S RAYS ARE STRONGEST BETWEEN
11 AM - 3 PM
SEEK SHADE DURING THESE HOURS

PROTECTIVE CLOTHING



Wear clothing that covers as much skin as possible.

WIDE-BRIMMED HAT



Hats should shade the head, face, ears, and back of the neck.

Use sunscreen labelled "broad spectrum" with a sun protection factor (SPF) of at least 30 on skin not covered by clothing.

Apply sunscreen generously and reapply after swimming, strenuous exercise or towelling off.

Look for the Canadian Dermatology Association Sun Protection Recognition logo on sunscreen products.



SUNSCREEN

ALWAYS WEAR UV-PROTECTIVE SUNGLASSES



Look for sunglasses or prescription lenses with full UVA and UVB protection. Examples of appropriate labels are "UV400" or "100% UV protection."

The best UV protection is offered by close-fitting wraparound sunglasses.

THE CANADIAN DERMATOLOGY ASSOCIATION SUPPORTS THE USE OF SUNSCREEN AS AN EFFECTIVE AND SAFE MEANS TO PROVIDE PROTECTION FROM THE SUN'S HARMFUL RAYS. THERE IS STRONG SCIENTIFIC EVIDENCE OF THE ADVERSE EFFECTS OF UV EXPOSURE. SEEKING SHADE, WEARING PROTECTIVE CLOTHING AND SUNGLASSES, AND USING A BROAD SPECTRUM SUNSCREEN ALL HELP IN PROVIDING SAFE SUN PROTECTION.

SUN SAFETY FOR EVERY DAY

PROTECT YOUR SKIN

Seek shade or bring your own (e.g., an umbrella).

In general, the UV Index in Canada can be 3 or higher from 11 a.m. to 3 p.m. between April and September, even when it's cloudy. Whenever possible, plan outdoor activities for before or after this time during these months and protect your skin as much as possible when the UV Index is 3 or higher.

Good-quality shade includes dense vegetation and covered structures that offer shade from the side, and not just overhead, to protect against scattered UVR.

Cloth sources of shade, such as canopies and umbrellas, should have tightly woven fabric.

Additional personal protection (clothes, sunglasses, sunscreen) is recommended under shade to protect against scattered UVR, especially on high UV Index days.

Wear clothing that covers as much skin as possible and a wide-brimmed hat that are appropriate to the activity and weather.

Hats should shade the head, face, ears and back of the neck with a wide brim.

Tightly woven or UV-protective labelled clothing is recommended.

Use sunscreen labelled "broad spectrum" with a sun protection factor (SPF) of at least 30 on skin not covered by clothing. Apply sunscreen generously and reapply when required.

Sunscreen should be used on exposed skin not covered by protective clothing. Consider using sunscreen for the lips (e.g., sunscreen lip balm), as well.

Use a generous amount of sunscreen (e.g., the average adult requires approximately two to three tablespoons of lotion-formulated sunscreen to cover the whole body, and a teaspoon to cover the face and neck).

Reapply after swimming, strenuous exercise or towelling off.

Look for the Canadian Dermatology Association logo on sunscreen products.

PROTECT YOUR EYES

Wear sunglasses or eyeglasses with UV-protective lenses when outdoors all year round.

The best UV protection is offered by close-fitting wraparound sunglasses.

Look for sunglasses or prescription lenses with full UVA and UVB protection. Examples of appropriate labels are "UV400" or "100% UV protection."

Contact lenses, even those with UV protection, do not provide full coverage for the eye and the skin around the eye.