

Sun Awareness

Most of us like to work, play and relax outside on a sunny day. The warm rays of the sun can feel good on our skin, however, too much sun and heat can be harmful, so be careful!

The sun's burning rays can cause sunburns, eye damage, skin cancer, premature skin aging and weakening of the body's immune system.

Sun Safety Tips:

- **Cover up.** Wear light-coloured, long-sleeved shirts, pants and a wide brimmed hat made from breathable fabric.
- **Limit your time in the sun.** Keep out of the sun and heat between 11am and 4pm. Look for places with lots of shade.
- **Use Sunscreen.** Protect your health by choosing a broad spectrum sunscreen with a SPF of at least 15. Apply the sunscreen at least 20 minutes before going outside and reapply 20 minutes after going outside. Reapply sunscreen at least every 2 hour intervals to get the best possible protection.
- **Drink plenty of cool liquids (especially water).** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration is dangerous and thirst is a good indicator of dehydration.