



# Sun safety

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin. Too much sun can be harmful, so be careful! The sun's burning rays are also called UV rays. UV stands for ultraviolet.

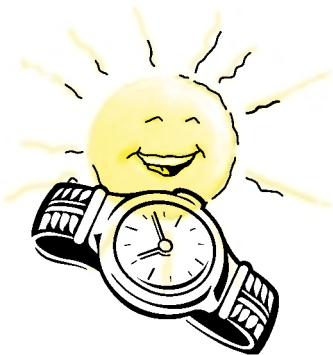
UV rays can cause:

- sunburn
- skin cancer
- eye damage

People who spend too much time under UV rays may have more wrinkles than people who stay out of the sun. Also, people who get too much sun may have a harder time fighting disease.

## Safety Tips

- Plan to be outside in the early morning or late afternoon.
- Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.
- If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.
- Wear sunglasses that say UVA/UVB ANSI compliant.
- Use a sunscreen lotion or cream that is SPF 15 or more. SPF means **Sun Protection Factor**. Using a higher SPF number gives you more protection from the sun.
- Use a sunscreen that says “broad-spectrum” on the label. It will screen out most of the UVA/UVB rays.
- Put sunscreen on your skin 20 minutes before you go out and reapply some 20 minutes after being out in the sun to ensure more even application of the product and better protection.
- Don't forget your lips, ears and nose. These parts of your body burn easily.
- Sunscreen gets washed off by water and sweat. So, put more sunscreen on after you go swimming or if you are sweating.



For more information, contact the Consumer and Clinical Radiation Protection Bureau, Health Canada, at: (613) 954-6699.  
<http://www.hc-sc.gc.ca/hecs-sesc/psp>

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