

# SUN SMART

## Too much sun (especially sunburns) can cause:

- ◆ Eye damage
- ◆ Skin cancer later in life
- ◆ Damage to immune system
- ◆ Skin damage that is cumulative; this means that the damage builds up over time

## Those at highest risk of skin cancer are those with:

- ◆ Fair skin and blonde or red hair
- ◆ Skin that burns and freckles easily
- ◆ Lots of moles or large moles
- ◆ History of severe sunburns

## Ultraviolet (UV) Index:

- ◆ UV Index is a measurement that determines how strong the sun is
- ◆ You and your child can sunburn in only 15 minutes depending on the UV Index
- ◆ UV Index is usually highest from late spring to early fall between 11:00 a.m. and 4:00 p.m., so avoid unprotected sun exposure between these times
- ◆ Use sun protection (clothing, sunscreen, sunglasses, wide brimmed hat) if UV Index is greater than 3
- ◆ Even people with dark skin are at risk for skin damage and cancers

## Ways to protect yourself and your child:

- ◆ **SEEK** out the shade
- ◆ **SLIP** on clothing that covers arms and legs
- ◆ **SLAP** on a wide brimmed hat and sunglasses
- ◆ **SLOP** on sunscreen
- ◆ **SLURP** lots of water

## Sunscreen Tips:

- ◆ Avoid the mouth and eye area when applying sunscreen
- ◆ Use broad-spectrum sunscreen (with UVA and UVB coverage) with SPF 30 or higher
- ◆ Apply sunscreen at least 20 minutes before going outside

## For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ [Sun Safety - Health Canada](#)
- ◆ [Sun Safety for Every Day](#) (Canadian Dermatology Association)