**SUN SMART**

**Too much sun, especially sunburns, can cause:**

* Eye damage
* Skin cancer later in life
* A weaker to immune system
* Skin damage that adds up over time

**Ultraviolet (UV) Index:**

* The **UV Index** tells us how strong the sun’s rays are.
* You and your child can get a sunburn in just **15 minutes**, depending on the UV Index.
* UV rays can go through **clouds, fog, and haze**.
* **Water, sand, concrete, and snow** reflect the sun and make it even stronger.
* The UV Index is usually highest from **late spring to early fall**, between **11:00 a.m. and 4:00 p.m.**
* Use sun protection if the UV Index is **higher than 3**.
* Even people with **dark skin** can get skin damage and skin cancer.

**Ways to protect yourself and your child:**

* **SEEK** shade
* **SLIP** on long-sleeved clothes
* **SLAP** on a wide-brimmed hat and sunglasses
* **SLOP** on sunscreen

**Sunscreen Tips:**

* Don’t put sunscreen near the eyes or mouth
* Use **lip balm with SPF** and reapply when needed
* Choose **broad-spectrum sunscreen** (protects from UVA and UVB) with **SPF 30 or higher**
* Put sunscreen on **20 minutes before going outside** and reapply during the day

For more information:

* [HealthLinkBC](https://www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services) or dial 811 (free)
* Health Canada - [Sun Safety](https://www.canada.ca/en/health-canada/services/sun-safety.html)
* Canadian Dermatology Association - [Sun Safety for Every Day](https://dermatology.ca/public-patients/sun-protection/sun-safety-every-day/)
* Canadian Cancer Society - [Be sun safe](https://cancer.ca/en/cancer-information/reduce-your-risk/be-sun-safe)