

# 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.

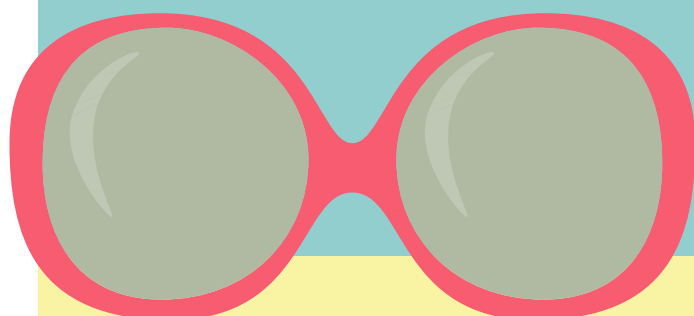
Apply sunscreen generously and reapply after swimming, strenuous exercise or towelling off.

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.