

## SIX SUN SAFETY RECOMMENDATIONS



Limit time in the sun between 11:00 a.m. and 4:00 p.m. or whenever the UV Index is 3 or more

- When possible, plan outdoor activities before or after this time to avoid being outside when the sun's rays are the strongest.
- Keep babies under one year of age out of direct sunlight.



Look for shaded areas to do outdoor activities

- Do outdoor activities in shady spots (e.g. under a tree or in the shade of a building).
- Create shade by using an umbrella, awning, gazebo tent, pup tent or canopy.



Wear a hat with a wide brim or with a visor and back flap

- A hat with a wide brim (7.5 cm/3 inches wide) or with a back flap will help shade the head, face, eyes, ears and neck areas. Hats made of tightly woven fabric are best.



Wear clothing to protect as much skin as possible

- Long-sleeved shirts and long pants (or at least knee-length shorts) are recommended even on cloudy days.
- Tightly woven fabrics block the sun's rays the best. Fabrics that block out the light when held up to a light bulb will help to block UV rays better.
- T-shirts (in addition to sunscreen) can be worn when in water.



Wear UVA and UVB protective sunglasses

- Sunglasses that wrap around the face protect better.
- Children's sunglasses should be unbreakable.




Use a sunscreen with SPF 15 or higher that gives protection from both UVA & UVB rays

- Sunscreen should be applied about 30 minutes before sun exposure. Apply a second time 20 minutes later.
- Reapply every 2 hours or after swimming, towelling or exercising.
- Sunscreen should be used even on cloudy, hazy or foggy days.
- Sunscreen is not recommended for infants under six months of age.
- No sunscreen protects 100%. Use it with the other Sun Safety Recommendations.

Remember: indoor tanning is no safer than the sun.

For more information call Toronto Health Connection 416-338-7600

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Revised May 2008

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