



## SunSense Guidelines

**It is possible to enjoy healthy outdoor activities while in the sun:**

### 1. Reduce sun exposure between 11 am and 4 pm

The sun's rays are the strongest between 11 am and 4 pm. If you can, plan your outdoor activities before or after this time. It's easy to remember this time – during these hours; your shadow is shorter than you are!

### 2. Seek shade or create your own shade

When you are outside, especially between 11am and 4 pm, try to stay in the shade. Be prepared for places without any shade by taking along an umbrella. With an umbrella you can create your own shade wherever you need it.



### 3. Slip! On clothing to cover your arms and legs

Covering your skin will protect it from the sun. Choose clothing that is: loose fitting, tightly woven, lightweight.

### 4. Slap! On a wide brimmed hat

Most cancers occur on the face and neck, so this area needs extra protection. Wear a hat with a wide brim that covers your head, face, ears and neck. Hats without a wide brim, like baseball caps, do not give your enough protection.





### 5. Slop! On a sunscreen with SPF# 15 or higher



Use a sunscreen with a Sun Protection Factor (SPF) of # 15 or higher. Look for “broad spectrum: on the label. This means that the sunscreen offers protection against two types of ultraviolet rays, UVA and UVB. Apply sunscreen generously, 20 minutes before outdoor activities. Reapply frequently, at least every two hours, and after swimming or exercise that makes you perspire. No sunscreen can absorb all the sun’s rays. Use sunscreen along with shade, clothing and hats, not instead of them. Use sunscreen as a back up in you sun protection plan.

### 6. Keep babies under one year out of the direct sun

Babies need extra protection because their skin is very sensitive. It is best to keep young babies out of direct sunlight. Keep you child's stroller, playpen or carriage in the shade.

### 7. Tanning parlors and sunlamps are not a safe way to tan

Tanning salons do not give you a “safe tan without burning”. No tan is a safe tan. A tan is evidence of sun damage. Just like the sun, tanning lights and sun lamps emit ultraviolet rays that can cause sunburn, aging skin and increase your risk of skin cancer. The strength of the ultraviolet rays, especially the UVA type, may actually be higher in tanning beds than in sunlight.

