

Sun Smarts

Contents:

1. Babies, Children and Sun Safety
2. Sun Safety: Safety Tips
3. Sun Safety: Facts and Tips for Parents of Young Children
4. Health and Safety Tips: Sun Safety
5. Tanning Under Lights
6. Slip! Slop! Slap! Sun Safety Quiz





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Babies, children and sun safety

Safety Tips

- **ALWAYS** use sunscreen when you are outside in the sun. Carry it with you and put it on every 2 hours (more often if you are swimming or sweating).
- Try to keep your children out of the sun between 11 a.m. and 4 p.m. when the sun's UV rays are strongest.
- **NEVER** use baby oil to protect children from the sun. It will **NOT** protect them.

BE CAREFUL when you go outside on a sunny day!

Too much sun can be harmful. You and your baby or child can sunburn in only 15 minutes depending on the UV index value. If the UV index is low (from 0-2), the risk of getting too much sun is low, and no protection is required. If the UV index is between 3 and 7, you need protection. A UV index higher than 8 calls for extra protection. If you travel to the tropics, the index could be higher than 10.

To keep you and your child safe, you should:

- **COVER UP** – Wear long sleeves and a hat with a wide brim. When you buy sunglasses, make sure they block both UVA and UVB. They will provide protection against eye damage. Use long sleeves and long pants to protect your baby from the sun.
- **STAY IN THE SHADE** – When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, such as a park with big trees. Always take an umbrella to the beach. Always keep your baby in the shade.
- **USE SUNSCREEN** when you are outside and the UV index is 3 or more. The bottle should read **SPF 15** or higher. **SPF** means *Sun Protection Factor*. Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection. **DO NOT** apply sunscreen on babies less than 6 months old.



Did you know...

Two kinds of ultraviolet (UV) rays from the sun can damage your skin and eyes. They are called UVA and UVB rays. Broad spectrum sunscreens will protect you from both UVA and UVB rays. Your local radio and TV stations give a UV index each day. Check the UV index before you go out in the sun.

FOR MORE INFORMATION,
contact the Consumer and Clinical Radiation
Protection Bureau of Health Canada at **613-954-6699**.

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Cat.: H128-1/07-504
ISBN: 978-0-662-49963-3
Pub: 4578

Revised February 2007

Canada



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Safety Tips

- Plan to be outside in the early morning or late afternoon.
- Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.
- If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.
- Wear sunglasses that provide UVA and UVB protection.
- Use a sunscreen lotion or cream that is **SPF 15** or more. **SPF** means Sun Protection Factor.
- Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the **UVA** and **UVB** rays.
- Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.
- Don't forget your lips, ears and nose. These parts of your body burn easily.
- Sunscreen gets washed off by water and sweat. So, put more sunscreen on after you go swimming or if you are sweating.

Sun Safety

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin. Too much sun can be harmful, so be careful! The sun's burning rays are also called **UV** rays. **UV** stands for ultraviolet.

UV rays can cause:

- sunburn
- skin cancer
- eye damage
- premature skin aging



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represented by the Minister of Health Canada, 2007

Cat.: H128-1/07-503
ISBN: 978-0-662-49962-6
Pub: 4577

Revised February 2007

Canada

Sun Safety: Facts and Tips for Parents of Young Children

A sun tan is a sign of sun damage

Sun Facts

- The most harmful effects of sun exposure occur during early childhood.
- About 50 percent of Canadians do not protect themselves well enough from the sun.
- Repeated exposure to the sun's harmful rays can damage the skin. This repeated exposure increases the risk of getting skin cancer.
- One out of seven children will develop skin cancer later in life. One bad sunburn in childhood doubles the risk of getting skin cancer.
- Children with fair skin, who usually burn and never tan when out in the sun, or children with blonde or red hair, freckles or many moles, are at greatest risk of sun damage.

There are three simple steps recommended by the Alberta Cancer Board to ensuring sun safety for your family and young children.

1. Cover up

Wear a wide-brimmed hat, sunglasses with 100% UV protection and loose-fitting clothing over your arms and legs (closely woven fabrics are the best).

2. Seek shade

- UV rays are most powerful between 10 a.m.-4 p.m., so plan to stay inside or in the shade during these times.
- You can burn through clouds! Up to 80 percent of the sun's rays can penetrate light clouds and fog.
- Watch for reflected light from sand, snow, concrete and water—up to 85 percent of the sun's harmful UVB rays can bounce back at you!
- Teach your children how to identify shade (made by trees, buildings, porches) and urge them to seek it out. (If your shadow is shorter than you are, it's time to find some shade!)

3. Use sunscreen

- Remember, steps 1 and 2 should be your first steps to sun safety.
- Choose a sunscreen with an SPF (Sun Protection Factor) of 15 or more for adults and SPF 25 or more for children. Don't forget to apply it 20 minutes before you go in the sun and reapply every 2 hours or after swimming or exercising!
- Choose a sunscreen that protects against UVA and UVB rays and one that fits your lifestyle. Be sure it is waterproof if necessary (stays on in water up to 80 minutes) and kid-safe. Check for the sunscreen's expiry date, as expired sunscreens may not protect you!
- Put lots of sunscreen on dry skin! One film canister full is enough for an adult and one tablespoon for a child. Don't forget to cover the ears, lips, nose, back of neck, and back as these are the most common places to burn! Do not apply under your child's eyes as it may sting and burn. Instead, use sunglasses.
- Sunscreen is not safe for babies under 6 months. (See *Special Tips for Infants* on the next page.)
- Please check the Canadian Dermatology Association (CDA) website for recommended sunscreens, and look for the CDA logo on your sunscreen.



Special tips for infants 0-1 year of age

- Babies' skin is extra sensitive to sun.
- Babies under 12 months of age should not be exposed to the sun. Keep all babies in the shade (out of direct sunlight) as much as possible and cover any exposed skin.
- Keep strollers and playpens covered (a golf umbrella works well), or in the shade.
- Do not use sunscreen on babies under 6 months of age-it is not safe.
- If babies 6-12 months must be in the sun:
 - Have a shade spot to take a break from the sun.
 - Make sure your child wears a hat with a broad brim, even in the water (a bucket hat works well).
 - Cover as much skin as possible (e.g., t-shirt and long shorts).
 - Apply sunscreen to those body parts not covered by clothes (e.g., ears, back of neck, wrists and lower legs, ankles and feet).
 - Babies have very thin, sensitive skin. This means your baby's skin absorbs the sunscreen ingredients differently. Limit the hours your baby/toddler spends in the sun. Plan outings for early morning and late afternoon.
 - Avoid putting sunscreen on the hands (as babies may put their hands in their mouths or eyes). Apply only to exposed skin if there is no shade available.
- Remember that skin can be safely covered using "natural" methods of sun protection, including hats, sunglasses and clothing. Use these methods as your main method of sun protection.

Special tips for daycares and camps

Work together with your child's daycare facility to ensure ongoing sun protection throughout the day (for example, provide signed permission for your childcare provider to apply sunscreen to your child, leave a bottle of sunscreen, labelled with your child's name, at the daycare centre).

The UV Index - Your guide to sun safety and protection

Watch or listen to Environment Canada's UV index forecast for the day. The UV index measures the intensity of the sun's burning UV rays. Environment Canada recommends a list of actions depending on the day's UV index. This information can be found in the news paper, on the radio or Internet.

- **0-4 low risk:** Anyone outside for more than one hour (including over fresh snow) should be wearing sunscreen and sunglasses.
- **4-7 moderate risk:** Take precautions, such as finding shade and wearing a hat, sunglasses and proper clothing to limit exposure between the hours of 10 a.m.-4 p.m.
- **8+ high risk:** Burns and skin damage happen quickly. Take the above precautions.

Sun Safety Web Sites

Alberta Cancer Board
www.cancerboard.ab.ca

Environment Canada - UV Index and Sun Protection
www.mscsmc.ec.gc.ca/education/uvindex

Canadian Dermatology Association
www.dermatology.ca

Canadian Cancer Society
www.cancer.ab.ca

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

HEALTH AND SAFETY TIPS

SUN SAFETY

Protect yourself and your family's skin from the sun by following these 5 key rules:

1. **Seek** shade!
2. **Slip** on a shirt
3. **Slap** on a hat and sunglasses
4. **Slop** on sunscreen
5. **Slurp** on water



While we make a point to Seek, Slip, Slap, Slop and Slurp on sunny days, these rules apply on cloudy days too. Up to 80% of the sun's rays can penetrate light clouds, mist and fog. Also beware of sunlight that reflects off sand, concrete and water - up to 85% of the sun's harmful rays can bounce back at you from these surfaces.

SEEK out shade: Try to stay out of the mid-day sun and find shade either from trees, buildings, porches or umbrellas that you can use at the beach and in the backyard.

SLIP on a shirt: Long-sleeved shirts protect the vulnerable areas such as arms and shoulders. Clothing should be opaque and lightweight. UV rays can transfer through clothing if you can see through the fabric.

SLAP on a hat and sunglasses: A hat protects the top of the head and also protects the nose and the tops of ears, which are susceptible to sunburn. Look for hats that have a wide brim or have a flap at the back to cover the ears and neck. Eyes should also be covered. Look for sunglasses with stickers that say "100% of UVA/UVB protection". The lenses should cover the eyes.

SLOP on sunscreen: Sunscreen is not intended to increase your sun exposure time but it provides increased protection during periods of unavoidable sun exposure. Look for products carrying the Canadian Dermatology Association's logo. Choose a broad-spectrum sunscreen that blocks both UVA and UVB rays and has a SPF (Sun Protection Factor) of 30 or more. Apply sunscreen at least 15 minutes before going out into the sun and reapply every two hours and after swimming or as directed on the bottle.

SLURP water. Stay well hydrated. Drink fluids regularly throughout the day, particularly if you are outside in the sun and/or enjoying physical activity. Being thirsty is a sign that your body is already dehydrated so drink water often!

For more summer safety tips visit the Canada Safety Council Web site at: <http://www.safety-council.org/info/sport/sports.htm>

Adopted from Prevention Care (BC) and Canadian Dermatology Association



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Tanning under lights

Safety Tips

- Try to find other ways to look tanned. You can apply a cream that will colour your skin and give you the appearance of a tan.
- Feel good about your real skin colour.
- Getting a tan under the lights **BEFORE** you go south in the winter will **NOT** protect your skin in the tropics. Use a broad spectrum sunscreen with at least **SPF 15** when you travel south.
- If you still want to use tanning lights, always protect your eyes by wearing goggles (eye protectors) that must be available from the salon.
- Try to convince your teenagers not to use tanning salons.

If you think going to a tanning salon is a safe way to tan,
THINK AGAIN!

By learning the facts about tanning now, you can protect yourself from skin cancer later in life.

There is no safe way to tan. A tan from the sun's rays or under lights in a tanning salon will damage your skin.

Do you know what a tan is?

It's when melanin (a substance inside your skin) turns dark. This happens when your skin is exposed to ultra-violet (UV) rays. Two kinds of UV rays can cause tanning: **UVA** and **UVB**. When your skin turns darker, it is telling you that damage has been done.

People at tanning salons may tell you their lights are safe. The fact is, their lights may give off five times as much **UVA** as the sun. Did you know that **UV** exposure is linked to skin cancer and is responsible for sunburn, eye damage and premature skin aging?

UV rays from tanning lamps have the same effects as **UV** from the sun!



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Cat.: H128-1/07-505
ISBN: 978-0-662-49975-6
Pub: 4596

Revised February 2007

Canada

Sun Safety Quiz: True or False

1. You and your baby or child can sunburn in only 15 minutes
True or false
2. Make sure you wear sun glasses that protect from only UVA rays
True or False
3. About 70% of Canadians are protecting themselves adequately from the sun
True or False
4. Babies under 12 months should be exposed to the sun in order to help produce adequate Vitamin D
True or False
5. UV index measures the intensity of the sun's burning UV rays
True or False
6. 1 out of 7 children will develop skin cancer in life
True or False
7. It takes at least a dozen bad burns to cause skin cancer
True or False
8. The 5 key rules of sun safety are
seek shade, slip on a shirt, slap on a hat and sun glasses, slowly walk, slurp on water
True or False
9. There is no safe way to tan
True or False

Sun Safety Quiz Answers: True or false

1. True
2. False - UVA and UVB
3. False- 50% do
4. False- should not be exposed to the sun at all
5. True
6. True
7. False- one bad burn doubles the risk of getting skin cancer
8. False- slap on sunscreen instead of slowly walk
9. True
10. True
11. True
12. True
13. True
14. True
15. True
16. True
17. True
18. True
19. True
20. True
21. True
22. True
23. True
24. True
25. True
26. True
27. True
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85. True
86. True
87. True
88. True
89. True
90. True
91. True
92. True
93. True
94. True
95. True
96. True
97. True
98. True
99. True
100. True

Sun Safety Quiz: True or False