



Be Sun Safe

If you work or play in the sun you need to protect yourself ...



Limit the time you spend in the sun during the hours of 11 a.m. to 4 p.m.



Look for shaded areas to do outdoor activities (trees, umbrellas, awnings).



Wear a hat with a wide brim or a flap that covers the back of the neck.



Wear loose clothing to protect as much of your skin as possible.



Put on sunglasses with UVA/UVB protection.



Use a sun screen with:

- ⚙ SPF 15 or higher
- ⚙ UVA & UVB protection

N.B. Indoor tanning is no safer than the sun.

Material developed by Toronto Public Health, Scarborough Office. Sun Safety symbols adapted from the Anti-Cancer Council of Victoria (Australia).



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