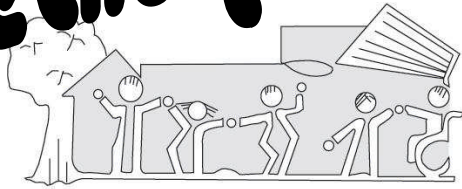


Health Tips



Building Healthy Schools Together
Ensemble, bâtissons des écoles en santé

CHILDREN AND SUN SAFETY

It is important that children's skin is protected. By teaching your child about sun safety while they're young, you are protecting them now and reducing their risk of developing skin cancer in the future.

The Canadian Cancer Society recommends the following tips for protecting children in the sun:

- ☼ Limit sun exposure between 11 am and 4 pm when the sun's rays are strongest, or at any time of the day when the UV Index is 3 or higher.
- ☼ Apply sunscreen with a SPF 15 or higher at least 20 minutes before going outside. Don't forget sensitive areas such as the nose, ears, cheeks and tops of their feet, and be sure to reapply often.
- ☼ Teach children to seek or make their own shade using trees, umbrellas, buildings, clothing, hats, and sun glasses.
- ☼ Send kids to school or play in protective clothing and a wide-brimmed hat. Remember to cover their shoulders and neck as these can get easily burned. Large t-shirts are good for covering most of their skin.

For more information about sun safety, visit www.cancer.ca

Source: Canadian Cancer Society (2009)



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