

Sun Safe School P.A. Announcements

Instructions for Sun Safe School P.A. Announcements

P.A. announcements starting the week prior to Sun Awareness Week (for dates and themes, go to www.dermatology.ca > Programs and Campaigns) can “kick off” a week of important sun safety reminders.

The Six Sun Safety Recommendations endorsed by Toronto Public Health, Canadian Cancer Society and Health Canada are imbedded in the P.A. announcements attached. It is important to remember that the Six Sun Safety Recommendations are a complete set of actions.

Suggest that students announce the UV Index along with the sun safety recommendations for the day. Try one or two announcements for each day of Sun Awareness Week!

Consider having students find the daily UV Index Forecast on a newspaper’s weather page or at www.hc-sc.gc.ca/hl-vs/sun-sol/protect-protegez/index-uv-indice-eng.php. Post the daily UV Index on a bulletin board with the appropriate sun protection action. The sun protection actions can be found on Toronto Public Health’s website at www.toronto.ca/health/cancerprevention/pdf/uv_index.pdf.

Attached please find sample P.A. announcements and templates.

Sources: Canadian Cancer Society, Canadian Dermatology Association, Toronto Public Health, and Health Canada

Sun Safe School P.A. Announcements

1. Attack of the Ultraviolet Rays! Be Sun Safe and Check the Time. Limit time in the sun between 11:00 am and 4:00 pm OR whenever the UV Index is 3 or more. Ultraviolet rays are the sun's 'invisible' burning rays. They can cause sunburn. The UV Index tells you how strong the burning rays are. The higher the number in the UV index, the stronger the burning rays and the easier it is to burn. Check the UV Index each day. Follow the sun safety actions to protect your skin. Enjoy the outdoors!



2. Learn how to block the sun, but not the fun. Be Sun Safe and Look for Shade. Play outside in shady spots, like under a tree, canopy and umbrella, or in the shade of a building. Being outside is great, but sunburns hurt! Did you know that getting too much sun now could make you sick (with skin cancer) later as a grownup? So don't hurt now and don't hurt later!



3. Ouch! Don't let a sunburn slow you down. Be Sun Safe and Cover Up. It's important to be active. Wear clothing to protect as much skin as possible. Long-sleeved shirts and long pants are recommended even on cloudy days. Any change in skin color, sunburn or suntan, means you have damaged your skin. Protect the skin you're in. Just Slip on a shirt and long pants!



4. Why fry? Be Sun Safe and Wear a Wide Brim Hat. Wearing a hat with a wide brim (7.5 cm or 3 inches wide) and a cap with a black flap will help shade your face, eyes, ears and neck areas. Did you know that skin cancer is the most common form of cancer in Canada? Nearly all skin cancer can be prevented through sun safe behaviours. Protect the skin you're in and slap on a hat!



5. UV Rays can find you. Be Sun Safe and Wear Sunglasses. Too much sun can damage your eyes. So protect your eyes and wear sunglasses with UVA and UVB protection. Cloudy or sunny, the sun's harmful UV rays will find you! Enjoy the outdoors! Just remember to be sun safe!



6. Protect the skin you are in. Be Sun Safe and Use Sun Screen. Boost your protection by using sunscreen. Sunscreen is not just for the beach. Use it whenever you are out in the sun. Sunscreen should be put on 30 minutes before you go out. Apply a second time 20 minutes later. Sunscreen should be used even on cloudy, hazy or foggy days. So slip on a shirt, slop on sunscreen, and slap on a hat!

Today's Sun Safety message is:

Cut & paste the appropriate Sun Safety Announcement here

Today's UV Index Level is _____.
(number)

This means it is _____.
(description)

REMEMBER:

To be Sun Safe we need to follow all the Sun Safety rules.