

Sun, Fun and Shade

Sun! Fun! Sun and fun seem to go together or do they?

Excess exposure to Ultraviolet Radiation (UVR) from the sun can lead to skin cancer with or without sunburn. Strong sun can also reduce the effectiveness of your immune system, damage eyes and age skin.

Shade is one of the best ways to avoid the sun's harmful UV rays. Plan your family's outdoor activities and rest periods to include the use of shade while having fun. Use shade created under trees, umbrellas, canopies or sides of buildings. Help create shade in the schoolyard by participating in Ecoschools.

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Sun Safety).

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