# Be Sun Safe

With the warmer weather here, many of us enjoy spending time outside. However, the sun can be damaging. We all need protection but children are at an increased risk.

To be sun safe you can:

- limit the time spent in the sun, especially between 11 a.m. and 4 p.m. or whenever the UV Index is 3 or more
- look for shaded areas or create your own
- wear a hat with a wide brim
- wear clothing to protect as much skin as possible
- wear sunglasses that are UV protective
- use a waterproof sunscreen with SPF (sun protection factor) 15 or higher—don't forget lips, ears and nose

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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