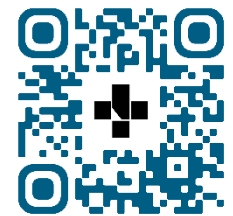


Sun & Bug Safety



SUN SCREEN

Tips



Choose a sunscreen with...

* CHECK THE EXPIRY DATE

Apply sunscreen
15
min.
before going outside

Re-apply every
2
hrs
or more often

...especially if swimming, towelling off, or sweating heavily

KEEP BABIES OUT OF THE
HEAT & DIRECT SUNLIGHT
Whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING

KEEP BABIES WELL HYDRATED

Consider testing your sunscreen on a small patch of skin

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product
- Talk to your health professional if you have questions or concerns OR
- Choose a product with different ingredients

Canada.ca/sun-safety

For an ADULT

Use *about* 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

DON'T FORGET often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged)... Use a sunscreen lip balm to protect your lips, too!



Health Canada / Santé Canada

Canada

Did You Know...

Children get sunburned more quickly than adults?



1. Clothing should cover as much of a child's skin as possible
2. Wide-brimmed hats should shade the head, face, ears, and back of the neck
3. Keep kids hydrated and give them time to cool off often



Keep Babies Out of Direct Sunlight























- ✓ Limit time in the sun between 11 am and 3 pm
- ✓ Plan outdoor activities before or after this time
- ✓ Shield babies from the sun with an umbrella, a stroller hood, or go to a shady area



Protecting Yourself From Dangerous UV rays

Time for unprotected skin to be damaged

How to protect yourself

0 1 2	Low	 60 minutes				
3 4 5	Moderate	 30-45 min				
6 7	High	 15-20 min				
8 9 10	Very High	 15 min				
11+	Extreme	 10 min or less				

Keeping Kids Safe from Bugs

Under 6 months

- ✓ Use mosquito netting

6 months to 2 years

- ✓ Use lower-strength insect repellent (with 10% DEET)
- ✓ No more than once per day, **AND**
- ✓ Wash off with soap and water when it is no longer needed

Over 2 years

- ✓ Use lower-strength insect repellent (with 10% DEET)
- ✓ No more than 3 times per day, **AND**
- ✓ Wash off with soap and water when it is no longer needed

