

# Sun Safety

Learn about staying safe in the sun this summer

## Check the UV Index everyday

Try to reduce your time in the sun between 11 a.m. and 3 p.m. – when the sun’s rays are at their strongest – or any time of the day when the UV Index is 3 or more

UV Index	Exposure
0–2	Low
3–5	Moderate
6–7	High
8–10	Very high
11+	Extreme



## Seek shade

Sit under a tree at the park or under an awning on a restaurant patio. Bring an umbrella for on-the-go protection. If you can see the sky from your shady spot, you still need to cover up with clothing, a hat, sunglasses and sunscreen. UV rays can reach you in the shade by reflecting off the surfaces around you.

## Cover up

Cover up as much of your skin as you can with clothing that is made from tightly woven fabric. Or look for clothing that is labelled with a UPF (UV protection factor).



## Wear a hat and sun glasses

Wear a wide-brimmed hat that covers your head, face, ears and neck. It is also important that you choose close-fitting sunglasses with UVA and UVB protection in a wraparound style. The label might have UV 400 or 100% UV protection.



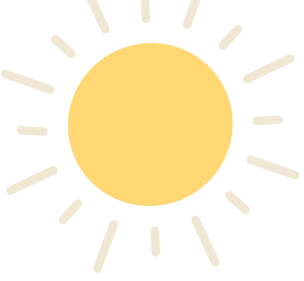
## Use sun screen properly

Apply a broad-spectrum sunscreen with an SPF of 30 or higher. It’s important to apply a generous amount of sunscreen to any skin not covered by clothing. If you’re going in the water, make sure your sunscreen is also water-resistant.



## References

Canadian Cancer Society  
<https://cancer.ca/en/cancer-information/reduce-your-risk/be-sun-safe/enjoy-the-sun-safely>



# Tips for a Healthy Summer

Learn about summer health and safety

## Wear sunscreen and insect repellent

- Use shade, wide-brimmed hats, clothing that covers, and broad spectrum sunscreen with at least SPF 30 for sun protection.
- Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito and tick bites.
- If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.

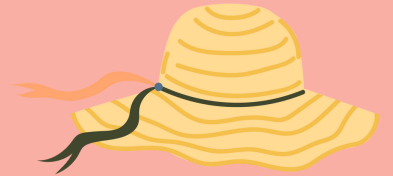


## Be Active

Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two. Get at least 150 minutes of aerobic physical activity every week.

## Keep Cool

Extreme heat can be dangerous for everyone. However, it is more dangerous for people with chronic medical conditions as well as for the elderly, young children, and infants.



## Eat a Healthy Diet

Healthy eating supports muscles, strengthens bones, and boosts immunity. Fruits and veggies make any summer meal healthier.

## Stay Hydrated

- Drink more water instead of sugary or alcoholic drinks.
- Add slices of fruit to water for a refreshing drink.
- Drink eight 250 mL (8 fl oz) glasses of water every day. You may need more depending on how much you exercise, and how hot the weather is.



## References

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm>

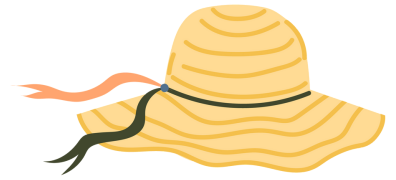


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# How to Check Your Skin

Learn about how to check your skin for damage



- Check your skin in a well-lit room. Use a mirror so you can look closely at your entire body.
- Raise your arms and look at the right and left sides of your body in the mirror. Check your underarm areas and both sides of your arms. Look at your hands, each finger, between your fingers and your fingernails.
- Look at the back, front and sides of your legs. Look at the tops and soles of your feet, your toenails and the spaces between your toes. Also check your genital area and between your buttocks.
- Look at your face, neck, back of your neck and your scalp. Use a hand mirror and full-length mirror, along with a comb, to check your scalp.
- Have someone you trust help you check areas that are hard to see.

## What do I look for?

- A sore that doesn't heal or comes back after healing
- A mole or sore that oozes, bleeds or is crusty
- A change in the colour, size or shape of a mole or birthmark
- A growth or area that is itchy, irritated or sore
- A rough or scaly red patches
- Small, smooth and shiny lumps that are pearly white, pink or red
- Pale white or yellow flat areas that look like scars
- Raised lumps that indent in the centre

## Resources

- Canadian Cancer Society [www.cancer.ca](http://www.cancer.ca)
- Canadian Dermatology Association [www.dermatology.ca](http://www.dermatology.ca)
- Peel Public Health [www.peelregion.ca](http://www.peelregion.ca)
- Melanoma Network of Canada [www.melanomanetwork.ca](http://www.melanomanetwork.ca)
- Canadian Skin Cancer Foundation [www.canadianskincancerfoundation.com](http://www.canadianskincancerfoundation.com)

## What do I do if I find a change on my skin?

Tell your doctor as soon as possible if you notice any changes to your skin. Your doctor will do a skin exam to check the specific area and look for any signs of skin cancer.

## References

<https://cancer.ca/en/cancer-information/cancer-types/skin-melanoma/finding-cancer-early>



## Health & Counselling Centre

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For more information check out  
[utm.utoronto.ca/health](http://utm.utoronto.ca/health)

📱 [@utmhccwellness](https://www.instagram.com/utmhccwellness)

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# All About SUNSCREEN

Learn about sunscreen types and labels



## Did you know?

All sunscreens have expiry dates. Check to make sure your product isn't expired, as an expired sunscreen may be less effective.



## Understanding Sunscreen Labels

### What is broad-spectrum sun-screen?

Broad-spectrum sunscreens offer protection from both UVA and UVB rays. UVB is the main cause of sunburn and both UVA and UVB can increase your risk of skin cancer.



### What is Sun Protection Factor (SPF)?

All sunscreens have an SPF on their labels. The SPF is a relative measure of how long it will take for unprotected skin to burn in the sun compared to how long it will take if the recommended amount of sunscreen is used.

However, using a sunscreen with SPF 30 does not mean you can spend 30 times longer in the sun. A number of other factors can affect the protection level of sunscreens.

Some of these factors include:

- How active you are (for example, how much you sweat or swim)
- How strong the UV rays are on a particular day and location
- If you're taking certain medications or have certain health conditions
- Skin type: in general, lighter skin is more sensitive to UV rays than darker skin
- How much and how often sunscreen is applied to your skin (applying less than the recommended amount of sunscreen greatly reduces the amount of protection it provides)

## References

<https://www.canada.ca/en/health-canada/services/sun-safety/sunscreens.html>

## Types of Sunscreen

All sunscreens contain active ingredients that can protect you from UV rays. These may contain chemical UV filters, physical UV filters, or both.

### • Chemical UV filters

Chemical UV filters work by absorbing UV radiation and converting it into a small amount of heat. Examples of chemical UV filters include avobenzene, homosalate, octocrylene, octisalate, octinoxate and oxybenzone.

### • Physical UV filters

Physical UV filters are mineral compounds that are believed to work by scattering and reflecting UV radiation. Examples of physical UV filters include zinc oxide and titanium dioxide.

### • Combination

Some sunscreens contain both chemical and physical filters.

## Adverse reactions/ side effects

Side effects to sunscreens are rare. They can occur in certain individuals as a result of a sensitivity or allergy to one or more ingredients in a sunscreen product. If you are sensitive or allergic to certain ingredients, check with a health care provider before using the sunscreen.