Let's Stay Sun Safe

IT'S SUMMER!! The best season of them all (well at least 57% of Canadians agree with me) The sun is shining all day long, we are spending full days at the beach, going on long walks to top up the tan, having BBQ's outside- that's what summer is for!!

With all that said there are still a few things we need to remember to stay sun safe. Whether it is sunny or not we need to protect ourselves from the harmful UV rays.

What are UV Rays I hear you ask?
UV rays are a form of non-ionizing radiation which come from the sun and can have harmful effects on our body's including premature aging, eye damage and even cancer.

Here are a few sun safety tips to keep in mind, so you can still make the most of summer.

Check the UV Index forecast before you head out
You can do this by tuning in to local radio & TV stations or simply searching online. When the UV index is 3 or higher this is when it can become harmful, opt for protective clothing, sunglasses, and sunscreen, even on cloudy days.

Use sunscreen
Choose sunscreen labeled with "broad spectrum" and "water resistant" with an SPF of at least 30. Always opt to wear sunscreen on your face, this can easily be added into your daily routine. On days when the UV index is 3 or higher ensure you're staying covered or have an appropriate SPF on.

Cover up
When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-colored, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric.

Drink plenty of cool liquids (especially water!!!) before you feel thirsty
It is super important every day to stay hydrated but especially on sunny/humid days. Thirst is not a good indicator of dehydration (which is where your body is not having enough fluids) Try and take a bottle of water everywhere you go.

Limit your time in the sun
The hottest time of the day is usually between 11 a.m. and 3 p.m. During these times look for places with lots of shade, like a park with big trees, umbrellas, or a gazebo. Invest in an umbrella to take to the beach, to ensure you are always staying sun safe.

Sunglasses
Always make sure when buying sunglasses, they provide protection against both UVA and UVB rays. Key thing to look for is '100% protection against both UVA and UVB" or "100% protection against UV400