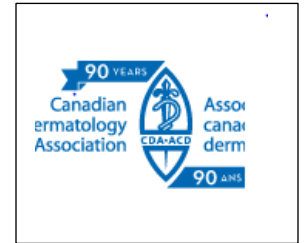


Health Hints

Sunscreen

How to Choose and Use Sunscreen

- Look for products with the Canadian Dermatology Association logo.
- Use a broad-spectrum product that screens out UVA and UVAB rays.
- Make sure the sun protection factor (SPF) is at least 30.
- Apply a generous amount 15 to 30 minutes before heading into the sun.
- Re-apply sunscreen every 2 hours, especially after swimming or sweating.
- Protect lips with a 30 SPF lip balm.



Reduce your risk of sun damage

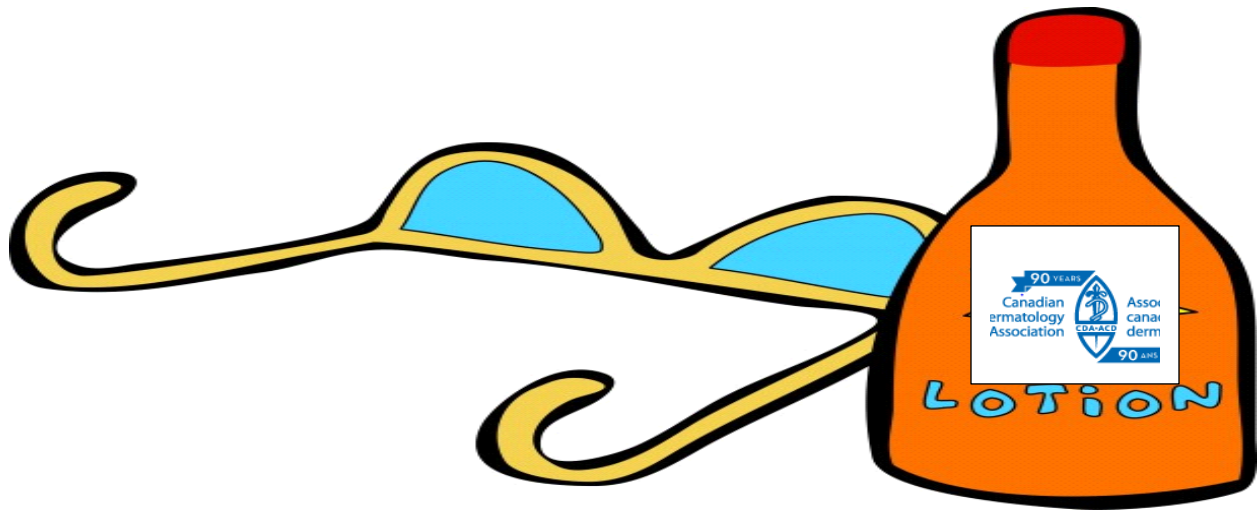
- Limit the amount of time spent in the sun, especially between 10:00 a.m. and 4:00 p.m.
- Cover up with a wide brim hat and shirt and sunglasses.
- Spend time in the shade.
- Remember to cover all exposed skin; don't forget your ears and the back of your neck!
- Use sunscreen year round, even on cloudy days

For more information:

<http://www.dermatology.ca/>

www.healthlinkbc.ca/healthfiles/hfile26.stm

<http://www.cancer.ca/en/prevention-and-screening/live-well/sun-and-uv/?region=bc>



Interior Health
Every person matters

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>