

Media Release

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Roll out Those Lazy, Hazy, Crazy Days of Summer!! Be wise! Protect your eyes - and other parts!

Sunny days are here – time to have fun, but play it safe! Skin cancer is the most commonly occurring cancer in Ontario. UV radiation from the sun and other sources, such as tanning beds, can cause skin cancer and cataracts. Protect yourself and your children.

Look First

- Check the daily UV index – 3 or more requires protection!
- Watch the time and your shadow. Limit time in the sun between 11AM and 4PM-when the sun's rays are strongest. It's easy to remember – during these hours your shadow is shorter than you are.
- Seek or create shade – take along an umbrella so you can create shade wherever you need it!
- Keep babies under one year out of direct sun.

Wear the Gear

- Use sunscreen along with shade, clothing, hats and sunglasses.
- Use a sunscreen with a sun protection factor (SPF) 15 or higher that protects against both UVA and UVB rays. Apply sunscreen at least 20 minutes before going outdoors and reapply every 2 hours-reapply more frequently if sweating or swimming.
- Cover up your skin with loose fitting, tightly woven, light weight clothing.
- Your face and neck need extra protection. Most skin cancers happen here. Wear a hat with a wide brim (not a baseball cap) that covers your head, face, ears and neck.
- Wear sunglasses with even shading, medium to dark lenses, and as close to 100% UVA and UVB protection as you can find – they don't have to be expensive!

Stay Sober

- Drinking alcohol increases your chances of sunstroke and dehydration and makes it less likely you will practice sun safe behavior for both you and your family.
- Be aware that some medications may make you more sensitive to the sun's UV rays.

Get trained

- Know how to Spot Check your skin. Examine your moles and freckles monthly and report changes to your health care provider, such as: any new growth, moles or discolouration that appear suddenly or begin to change, or a sore that does not heal.
- Be aware that no tan is a safe tan. A tan is evidence of sun damage and can occur from the sun's rays or from tanning beds or sunlamps.

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