

Sun Safety

Cover Up

- wear broad-brimmed hat that covers your ears and shades your neck
- wear clothing that covers a lot of skin; necklines that are high, with sleeves
- consider purchasing UV clothing that is light weight and meant to protect
- Options of UV clothing include:
 - www.coolibar.com
 - www.landsend.com
 - www.sunprecautions.com
 - www.radicoolbeachwear.com (profits go to Canadian skin care alliance)

Avoid

- try to avoid peak sun hours (10am to 2 pm) as much as possible

Apply Sunscreen

- UVA and UVB protection with an SPF of at least 30
- Water resistant
- Apply liberally and regularly
- A shot glass worth of sunscreen cream is required to cover an average adult body
- REAPPLY every 2-3 hours, and after swimming and/or after sweating or sports
- REMEMBER: the sun emits UV rays all year long, so sun protection is necessary year round, even in the winter!

Non-greasy and light-weight for face (examples):

- Neutrogena Ultra Sheer water light SPF 60
- L'Oreal Silky Sheer BB face lotion SPF 60
- Ombrelle Ultra Light advances SPF 60
- La Roche Posay Anthelios Ultra Fluid Lotion SPF 60

Non-sting for around eyes (examples):

- Neutrogena face and body stick
- Aveeno baby face stick SPF 50
- Ombrelle face stick SPF 60
- La Roche-Posay Anthelios stick protection SPF 60

Mineral Only (hypoallergenic, examples):

- Neutrogena Clear Zinc SPF 50
- Bioderma Photoderm Mineral SPF 50
- Avene Mineral Ultra-Light SPF 50