

Stay Sun Safe

Cover UP

Wear light-coloured long-sleeved shirts

Wear Shades

UVA
UVB

Make sure they have UVA and UVB protection

Apply
Sunscreen

30^{SPF}

45^{SPF}

60^{SPF}

Use a sunscreen with an SPF of at least 30 and reapply every two hours

11^{AM}

Watch the time

3^{PM}

Keep out of the sun between 11am and 3pm

canada.ca/sun-safety



Health
Canada

Santé
Canada

Canada