

Sun Safety

Tips to stay safe in the sun over the summer break



With warmer weather upon us, and summer break coming up, students will be spending more time outside. While we love seeing students outdoors, it is important that they (and us too!) stay safe in the sun. Damage from the sun (burns and tans) can lead to skin cancer. Skin cancer is one of the most common types of cancer in young people, and there is a strong link between sun exposure in childhood and skin cancer. However, almost all cases of skin cancer are preventable! Here are some simple tips to stay safe in the sun:

Wear Sunscreen!

Wear a broad-spectrum sunscreen of at least SPF 30, apply 20 minutes before going out in the sun, and reapply every two hours. Apply at least one ounce of sunscreen to effectively cover your entire body, and reapply after swimming or sweating. And remember, you can still burn when it's overcast, so be sure to apply even if it's cloudy.





Cover up in the sun!

If possible, wear long sleeve shirts and pants. Darker fabrics, along with those that are tightly knit offer the best protection from the sun. Don't forget a broad brimmed hat to cover your head, neck, and face.

Protect your eyes!

The sun can also damage your eyes, so make sure you protect them from the sun! Wear sunglasses that



Seek shade and avoid the sun between 11am-3pm

During this time, the sun is at its strongest, so it's best to avoid direct sun exposure.

Want to learn more about sun safety and skin cancer? Here are some additional resources:

AMA Youth Run Club Sun Safety for Runners: <http://everactive.org/sun-safety-for-runners>

Skin cancer: <http://www.dermatology.ca/skin-hair-nails/skin/skin-cancer/#!/skin-hair-nails/skin/skin-cancer/malignant-melanoma/>

Early detection of skin cancer (ABCDEs):

<http://www.canadianskincancerfoundation.com/early-detection.html>

Indoor tanning: www.thebigburn.ca

<http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/sun-and-uvr-exposure/indoor-tanning/?region=on>

Want to take action against indoor tanning? Check out the Canadian Cancer Society's Take Action Page: www.takeaction.cancer.ca. One letter sent from the Take Action site represents 10 people in the community, and to date, these letters have been great at grabbing the attention of the government.

Interested in getting your students involved? The Canadian Cancer Society can provide your school or class with free post cards that students can sign and send to their local MLA to advocate for stricter tanning legislation for minors. Email public.policy@cancer.ab.ca for more information.