



Monthly Newsletter– Fun In the Sun



While outdoor activities are part of a healthy lifestyle, there is a danger you can't see- Ultraviolet (UV) radiation. UV rays are part of the spectrum of light that comes from the sun/ Most of the dangerous radiation from the sun is blocked by ozone in the upper atmosphere, but small amounts of radiation still come through.

Natural sunlight is important to good health. But too much exposure to UV rays increases the risks of sunburns, skin cancer and cataracts (a clouding of the lens of the eye).

Protect Yourself & your Family from the Sun

No one wants to stay indoors when the sun is out. But while you're outdoors, a little sun sense can protect you and your family. Take precautions between 11 a.m. and 4 p.m. when the sun's rays are at their strongest or any time of day when the UV index is 3 or higher.

- ◆ Check the UV Index before you go out
- ◆ Cover your arms and legs. Choose clothing that is loose-fitting, tightly woven and light weight
- ◆ Wear a wide-brimmed hat to protect your head, face neck and ears
- ◆ Wear sunglasses with UV protection to protect your eyes
- ◆ Use sunscreen with a high SPF

Protecting Children

Children tend to spend more time outside than adults, and this puts them at greater risk of overexposure. Babies skin has less natural protection against the sun's rays, meaning skin damage—such as sunburn— can happen more quickly than in adults.

Teach your children sun sense when they are young— this creates healthy habits for life. Here are some tips to protect your babies and children

- ◆ Always keep infants out of direct sunlight. Put stroller and playpens in the shade
- ◆ Have kids wear clothing that covers their arms and legs, wide brimmed hats provide more protection than baseball hats
- ◆ Use sunscreen SPF 15 or higher on your kid's exposed skin. Reapply often and don't forget their nose, ears, cheeks and the tops of their feet
- ◆ Use a waterproof sunscreen on kids playing in or near water, and reapply often
- ◆ Have your kids wear sunglasses with UV protection to protect their eyes



Sun and Skin Cancer

Most Skin Cancers start in areas of the skin that are exposed most often to the sun— the head, face, neck, hands, arms and legs.

Check your skin regularly

See your doctor right away if you notice

- ◆ Changes in the shape, color or size of birthmarks or moles
- ◆ Sores that do not heal
- ◆ Patches of skin that bleed, itch or become red or bumpy

UV Index– Your Guide to Sun Safety

The UV Index was designed to help people know how strong UV rays are each day. The index categories range from 0-2 (low risk) to 11 (extreme risk)

EXPOSURE CATEGORY	UVI RANGE
LOW	<2
MODERATE	3 TO 5
HIGH	6 TO 7
VERY HIGH	8 TO 10
EXTREME	11+

The Sun's rays are strongest in the middle of the day, from 11 a.m. to 4 p.m. You need to protect your skin during these times, or whenever the UV Index is 3 or higher.

From the Canadian Cancer Society- "Sunsense– Preventing Skin Cancer"- Brochure February 2010



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