Rain, shine or snow, protect your skin from the sun.

When outdoors and the UV Index is 3 or higher, use a combination of sun protection actions:

1. **Plan activities before 11 a.m. and after 4 p.m.**
   Avoid exposure when the sun is strongest.
2. **Seek shade** – Use built or natural shade (such as trees). If you can't find shade, bring your own. Babies less than 12 months of age should stay out of the sun.
3. **Wear clothing to cover your skin** – Wear clothing made of a tightly woven fabric or Ultraviolet Protection Factor (UPF) material rated 50 or higher.
4. **Wear a wide-brimmed hat**
   Baseball caps do not protect your neck and ears.
5. **Wear UVA/UVB sunglasses**
   Wrap-around styles work best.
6. **Apply a UVA/UVB sunscreen and lip balm with SPF 30 or higher**
   Use water/sweat resistant sunscreen before you swim or sweat. Follow instructions for how to apply and reapply.

Unprotected sun exposure damages skin cells and can lead to skin cancer. Check the UV index daily and take precautions.

UV INDEX
1 2 3 4 5 6 7 8 9 10 11+

Your best line of defence

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PUBLIC HEALTH AND EMERGENCY SERVICES

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