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Summer sun: stay safe

Summer is a great time to enjoy the outdoors, but it's important to protect yourself from the sun. Too much sun exposure can cause painful sunburn, accelerate skin aging, and increase the risk of skin cancer. These effects can affect anyone, regardless of age or skin type.

Here are some simple steps to take when the UV index is 3 or higher, often between 11 a.m. and 3 p.m.:

- Wear a wide-brimmed hat to protect your face, ears, and neck.
- Wear sunglasses that offer protection against UVA and UVB rays.
- Wear lightweight, long-sleeved clothing that covers your skin well.
- Apply a "broad spectrum" sunscreen with a sun protection factor (SPF) of at least 30. Remember to reapply it every 2 hours or after swimming or sweating.
- Seek shade, especially during the hottest hours of the day.
- Drink water regularly to stay well hydrated, even if you don't feel thirsty.



For more information,
[click here](#)

These measures are simple, but they can make a big difference to your short- and long-term health. Enjoy the sun, but stay safe.