

Resource Guide

Healthy Habits with your CMD: Summer Sun Safety

During the summer months, our skin is more likely to be exposed to UV radiation (UV rays). Without protection, UV rays can damage your skin cells, and this can cause skin cancer. Luckily, you can reduce your risk of getting skin cancer by following these safety tips:

- Check the UV index in your area and use protection (e.g., sunscreen, protective clothing) if the UV index is 3 or higher
- Avoid spending time in the sun when UV rays are strongest (between 11am and 3pm)
- Use a 'broad spectrum' or 'water resistant' sunscreen with an SPF of 30 or higher
- Protect your skin by wearing light coloured clothing, a hat, and sunglasses
- Drink plenty of cool liquids to keep hydrated



Learn more about sun safety from the [Government of Canada](#).