

Early Learning and Child Care

Summer Safety Information

SUN SAFETY

**Be a good role model – wear sunscreen, a hat, sunglasses and appropriate clothing.
Help children learn about sun safety.**

- Make sure you have parents' permission before putting sunscreen or insect repellent on children.
- Keep babies under 1 year of age out of direct sunlight to prevent skin damage and dehydration.
- Do not put sunscreen on babies less than 6 months of age. For babies 6 months of age and older, protective clothing and shade are better protection from the sun, but using a small amount of sunscreen on exposed skin (such as their face and the back of their hands) is better than risking a sunburn. Make sure to test a small amount on the baby's inner arm to see if the skin reacts to the product before using it on other exposed skin.
- Apply a generous amount of sunscreen to clean, dry skin at least 15 minutes before going outside to allow the active ingredients to soak into the skin. Don't forget ears, nose, neck and the tops of feet.
- After applying sunscreen, wait at least 20 minutes before applying mosquito repellent to prevent over-absorption of DEET. Do not use combination sunscreen-insect repellent lotions on children.
- Re-apply sunscreen often, at least every 2 hours while outside and after swimming or exercise.
- When the UV Index reaches 3 (moderate) or more, you need to be extra careful. Try to reduce time in the sun between 11 a.m. and 3 p.m. – when the sun's rays are at their strongest – or any time of the day when the UV Index is 3 or more.
- Provide shade in your outdoor play spaces and seek out shade on field trips. Shade can be natural such as trees and hedges or artificial such as umbrellas, tents, awnings, canopies or other structures.
- Reflections off snow, water, sand and concrete can increase the effect of UV rays. Don't be fooled if it's cool or slightly cloudy, the UV still gets through.
- Check the UV index every morning and take appropriate precautions based on Environment Canada's guidelines below.

V Index	Category	Sun Protection Actions
0 – 2	Low	Minimal sun protection required for normal activity. Wear sunglasses on bright days. If outside for more than one hour, cover up and use sunscreen. Reflection off snow can nearly double UV strength. Wear sunglasses and apply sunscreen.
3 – 5	Moderate	Take precautions - cover up, wear a hat, sunglasses and sunscreen by covering up and wearing a hat, sunglasses and sunscreen - especially if outside for 30 minutes or more. Look for shade near midday when the sun is strongest.
6 – 7	High	Protection required – UV damages the skin and can cause sunburn. Reduce time in the sun between 11 a.m. and 3 p.m. and take full precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen.
8 – 10	Very High	Extra precautions required – unprotected skin will be damaged and can burn quickly. Avoid the sun between 11 a.m. and 3 p.m. and take full precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen.
11+	Extreme	Very rare in Canada. Take full precautions. Unprotected skin will be damaged and can burn in minutes. Avoid the sun between 11 a.m. and 3 p.m. and seek shade, cover up and wear a hat, sunglasses and sunscreen.
Proper sun protection: <ul style="list-style-type: none"> • Wear light-coloured, long-sleeved shirts, pants and a wide-brimmed hat made from breathable fabric and sunglasses that provide protection against both UVA and UVB rays. • Use sunscreen labelled “broad spectrum” with a sun protection factor (SPF) of at least 30. Look for sunscreen that is “water resistant” too. • Apply sunscreen generously before going outside and reapply often, especially after swimming or exercise. 		