



## Safe Fun in the Sun



Outdoor activities are a great way to be active. While you are outside having fun, make sure to take care of your skin.

Too much sun exposure can:

- Burn skin
- Damage eyes
- Cause wrinkles
- Make it hard for your body to fight germs that can make you sick
- Cause skin cancer

To protect yourself from harmful effects of the sun and still have fun remember your **Sun Safety ABC'S**:

**A**void the sun- seek shade under a tree or umbrella,

**B**lock the sun's rays; use a sunscreen of SPF 30 or more 20 minutes before going outside and don't forget to re-apply every 2 hours,

**C**over up with a hat, sunglasses and clothing,

**S**ay something/tell others- about sun safety. Signs of too much sun are: your skin gets hot and red. You may also feel tired and thirsty.

For more information contact Ottawa Public Health at 613-580-6744 or visit [www.ottawa.ca/health](http://www.ottawa.ca/health).