



Sun Safety

Winter

Did you know?

- Fresh white snow reflects up to 88% of the sun’s UV rays, almost doubling a person’s UV exposure.
- UV rays are stronger at higher altitudes (e.g., when mountain skiing or snowboarding).
- Travelling this winter? Getting a “base tan” before vacation does not protect you from sun damage.

Exposure to UV rays can lead to:

- Skin cancer
- Wrinkles
- Sunburns
- Snow blindness
- Cataracts

SUNBURNS and short periods of intense **UV EXPOSURE** (e.g., during winter vacation in **SUN DESTINATIONS**) are linked to **SKIN CANCER**.

Enjoy the sun safely. Protect your skin and eyes.

TRAVEL TIPS for Sun Destinations:

Check the Local UV Report: If you can, limit time in the sun when the UV Index is 3 or higher. But if you are outside, use sun protection.

Shade: Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shelter.

Cover Up: Wear comfortable clothes that cover as much skin as possible (even when swimming) or UV-protective clothing. Wear a wide brimmed hat that covers the head, neck, and ears.

Sunscreen: Apply plenty of sunscreen with SPF 30 or more, labelled ‘broad spectrum’ and ‘water resistant.’ Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.

Sunglasses: Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection.

WINTER TIPS for Cold and Snow:

Eye Protection: Wear close fitting/wrap-around sunglasses or goggles with UV 400 or 100% UV protection. Protecting your eyes is important any time of day, all year round.

Cover Up: Wear a hat. It will keep you warm and protect your head. Consider wearing a mask (e.g., balaclava) to protect your face from the sun and wind.

Sunscreen: Apply plenty of sunscreen with SPF 30 or more, labelled ‘broad spectrum’ and ‘water resistant’ on skin not covered by clothes (e.g., face). Use a sunscreen lip balm.

