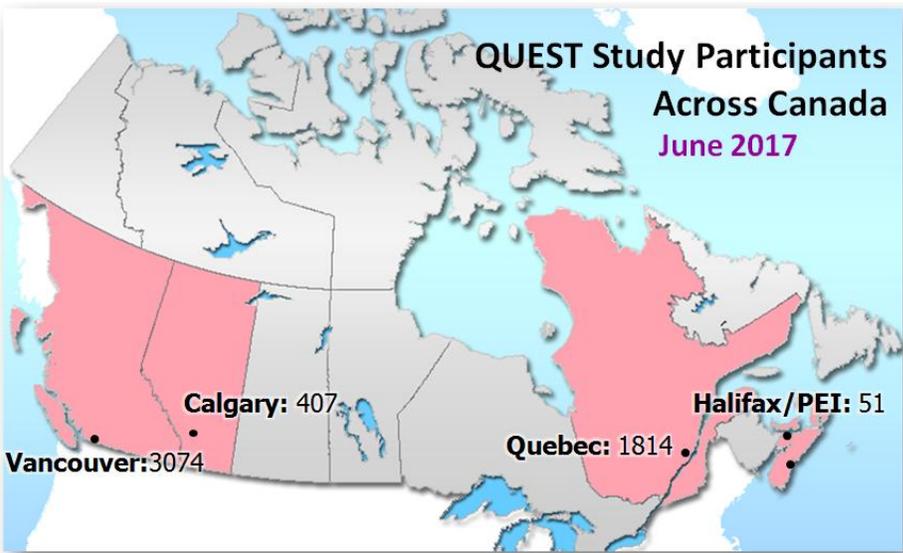




JUNE NEWSLETTER



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Refer A Friend to our [website](#)! When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

Paige was last month's winner! To thank her for telling her friends about the study, we sent her a Starbucks gift certificate!

Sun Safety

By Claire Pitcher, Registered Nurse

Summer can be an exciting time filled with longer days, sunshine and more time spent outside! It's also a time when we have to be especially careful to keep ourselves 'Sun Safe'. For this month's newsletter, we're going to talk a bit about sun safety – what it is, why it's important, how you can practice being 'Sun Safe' this summer and where to get more info if you have questions!

What is "Sun Safety"? 'Sun Safety' refers to all of the things we can do to keep ourselves healthy when it comes to spending time in the sun!

Why do we need to be Sun Safe? Sunlight contains UV rays (invisible types of light) that can injure our skin and eyes when they hit it directly. If your skin absorbs too many UV rays, it can lead to a sunburn and other damage. Too many sunburns can lead to things like increased risk of developing skin cancer and premature aging (wrinkles). Direct sunlight also warms up your body...sometimes too much, leading to things like heat stroke and/or

Currently enrolled:
5346 GIRLS

Our target:
8666 GIRLS

dehydration.

How can I be Sun Safe? The great news is that there are many different ways to be Sun Safe! According to the Government of Canada (see website link below for this list and more!), a few key strategies include:

- **Cover up.** Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Use the UV Index forecast.** Check online for the UV index forecast in your area (often found with the weather forecast). When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.
- **Use sunscreen.** Put sunscreen on when the UV index is 3 or more.
- **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is a good indicator of dehydration.
- **Avoid using tanning beds.** If you do use them, understand the risks and learn how to protect yourself.

Do I need to be Sun Safe on cloudy days? What about when I'm in the water?

Yes! These are two situations when it's especially important to practice Sun Safety. Sometimes, on overcast days, we can forget that UV rays may still be getting through or that it might get sunnier as the day goes on. Checking the UV Index on the news or online, as mentioned above, can be super helpful. And, on days when the UV index is above 3, it's time to break out your Sun Safety tips! Similarly, Sun Safety is especially important when we're around water. The water's surface can reflect UV rays and water can wash off sunscreen. This makes it extra important to follow Sun Safety tips in or around water!

If you have questions about Sun Safety, speak with someone you trust such as a parent, nurse or doctor.

You can also visit this great Government of Canada website:

<https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety>

Contest of the Month

1) The sun's rays are strongest between 19pm and midnight.

True or False

2) It's most important to wear sunscreen if the UV index is above **What number?**

3) Sunglasses should protect against which **2** types of UV rays?

[Email us](#) your answers for your chance to win a gift certificate!

Congratulations Stephanie!

She was our May

Contest Winner!!

**We sent her a
Starbucks Gift card!**

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