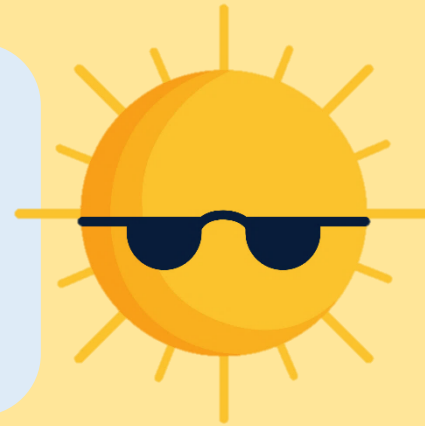


Care for your skin

It's fantastic that we can enjoy all the summer activities this year. However, it's vital to prioritize our health, particularly our skin, in the face of continuous exposure to high temperatures. In 2021, the Canadian Cancer Society reported approximately 8,700 new cases of cutaneous melanoma, and 1,240 deaths were attributed to melanoma in 2020. Exposure to ultraviolet radiation (UVR), primarily from the sun, is the leading risk factor for all types of skin cancers. Consider the following recommendations to protect your skin while enjoying your summer!



Sunscreen

Use SPF 30+ broad-spectrum sunscreen, applying it 15 minutes before sun exposure and reapplying every 2 hours. Protect your lips with SPF lip balm. Look for "water-resistant" or "sport" on the sunscreen label for better durability during swimming or sweating. Test sunscreen on a small patch of skin; if it causes a rash or itching, discontinue use and consult a healthcare professional.

Cover up and limit your time in the sun

When the UV Index is 3 or higher, protect your skin by wearing light-colored, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. Choose sunglasses that shield against both UVA and UVB rays. Avoid sun and heat between 11 a.m. and 3 p.m., as the UV index in Canada can be 3 or higher during those hours. Seek shaded areas, such as parks with trees or structures like roofs, awnings, umbrellas, or gazebos. Remember to bring an umbrella to the beach.

Stay fresh

Drink plenty of cool liquids before you feel thirsty. If sunny days are also hot and humid. Dehydration is dangerous, and thirst is not a good indicator of dehydration. Check out the 'Refresh Your Summer' infographic for information about fun non-alcoholic beverages.



Remember to avoid using tanning equipment. There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer. Prioritize your skin health and enjoy the summer responsibly. For more information about sun safety, visit the [Government of Canada website](https://www.alphaweb.org/).