



# Sun Safety

## Children

### Children in the sun

- Over half of Ontario children spend at least two hours in the summer sun.
- Children’s eyes have large pupils and clear lenses, allowing a lot of sunlight to enter.
- UV rays can harm the eyes at any time of day and all year round, even when it’s cloudy.

### Sun exposure and your skin & eyes

Exposure to UV rays can lead to:

- Skin cancer
- Skin damage
- Sunburns
- Eye lesions
- Cataracts
- Retinal Burns

**CHILDREN** are often **OUTSIDE** when the **SUN’S ULTRAVIOLET (UV)** rays are the **STRONGEST**.

**Enjoy the sun safely. Protect your skin and eyes.**

- 1 Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter. Keep babies younger than 1 year of age out of direct sunlight.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.

- 4 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. Sunscreen may be used on babies over six months of age; avoid the mouth and eye areas.
- 5 Sunglasses:** Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection. Children’s and babies’ sunglasses should be unbreakable.

### Things to avoid

- Children and teens should avoid getting a tan or a sunburn.
- Don’t expose children to UV rays to meet vitamin D needs. Use food or supplements instead.