

SUN SCREEN

Tips



Choose a sunscreen with...

* CHECK THE EXPIRY DATE

KEEP BABIES OUT OF THE HEAT & DIRECT SUNLIGHT Whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING KEEP BABIES WELL HYDRATED

Apply sunscreen 15 min. before going outside

Re-apply every 2 hrs or more often

...especially if swimming, towelling off, or sweating heavily

Consider testing your sunscreen on a small patch of skin



If your skin develops a rash, becomes itchy, or otherwise reacts:



- Stop using the product
- Talk to your health professional if you have questions or concerns OR
- Choose a product with different ingredients

Use about 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back



DON'T FORGET often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged)... Use a sunscreen lip balm to protect your lips, too!



For an ADULT

© Her Majesty the Queen in Right of Canada, as represented by the Director of Health, 2018. Cat. No. H16424/2018E-PDF ISBN: 978-66-6927217-1 Pub.: 100153