

# BE SUN SMART

## Summer in Saskatchewan means lots of sun!

Practice sun safety for you and your family!

Sun protection is important year round, but especially in the summer when the UV index is 3 or higher. Here are some tips to help you stay protected!

- Wear loose and closely woven fabrics to cover your arms and legs
- Wear a wide-brimmed hat to shade your face, ears and neck
- Protect your eyes from sun damage with UV-blocking, wraparound sunglasses
- Wear a broad-spectrum (UVA & UVB) sunscreen of at least SPF 30.
- Apply sunscreen (generous amounts) 15-30 minutes before going outdoors
- Remember to reapply every few hours and even more often when physically active

For more sun smart tips, [click here](#).



**Five Hills**  
Health Region

Healthy People – Healthy Communities