

Sun Safety Starts With You!

2nd Quarter

Welcome Back to Your Sun Safety Newsletter!

This newsletter is here to support you with simple tips, helpful reminders, and engaging information to help keep your child sun-safe every day, in every way. Give your child a bright start with smart sun safety habits!

Sun Safety: Myth or Fact?

Myth: Using sunscreen causes vitamin D deficiency.

Busted: Frequent sunscreen application is not linked to vitamin D deficiency.¹

Fact: You still need sunscreen when it is colder, including in the winter months!²

Busted: Even though the UV index is lower during the winter months, a UV index of 3 or higher can still cause sun damage!³

Sunscreen Smarts!

Check the Expiry Date

All sunscreens have **expiry dates**. Sunscreens may be less effective after this date!⁴

CDA Certification

The symbol below is on products that meet the criteria of the **Canadian Dermatology Association**.⁵

Products that have this certification meet these standards:⁵

- **SPF sun protection 30 or above**
- **Minimally perfumed or non-perfumed**
- **Gentle on skin to avoid skin irritation**
- **Do not clog pores**

Just look for this symbol!



Sun Safety Scenarios

A family decides to take advantage of the last few snowy days of the season and heads to the mountains for a winter break ski trip. It's bright and sunny, but still cold. They wear their goggles and helmets, but skip sunscreen, thinking that they do not need it in the winter.

By the end of the day, their noses, cheeks, and chins are red and stinging due to being sunburnt.

How could they have prevented this?

Surfaces like snow, sand, and water can reflect sunlight (including UV rays), and can worsen its impact on the skin and eyes.⁶

Next time, they can apply a broad spectrum SPF 30+ sunscreen to exposed skin, making sure to reapply frequently. Taking shade breaks throughout the day would also be helpful!

Stay Sun Smart!

A few sun safe resources to keep you protected!

[Government of Canada: Sun Safety Tips⁷](#)

[Canadian Dermatology Association: Printable Resources⁸](#)

Sun Safety Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Create a Sun Safety Checklist	Sun Safety Bingo	Sun Safety Word Search	Make a UV Bead Bracelet	Sun Safety Crossword

Links

[Monday - Sun Safety Checklist](#)
[Tuesday - Sun Safety Bingo](#)
[Wednesday - Sun Safety Word Search](#)
[Thursday - UV Bead Bracelet](#)
[Friday - Sun Safety Crossword](#)

Trivia

Q: True or False: You don't need sunscreen when it is cloudy.
A: False, UV rays can still harm your skin if the UV index is 3 or higher

Q: How often should you reapply sunscreen outdoors?
A: Every 2 hours



A Quick Questionnaire - 5 Minutes!

Your child can click on the QR code or link to answer a few questions about their sun-safe practices and knowledge!

<https://forms.gle/4rmGVWUsoKZXFiU6>

References

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