



HAVE FUN IN THE SUN AND BE SAFE!



Who needs sunscreen?

Everyone! Sunscreen helps prevent skin cancer by blocking the sun's harmful ultraviolet (UV) rays. Anyone can get skin cancer, regardless of age, gender or skin tone.

What do I need my sunscreen to do?

It is recommended by dermatologists that your sunscreen offers the following:

- Broad-spectrum protection (against UVA & UVB rays)
- SPF 30 or higher
- Water resistance
- Minimally perfumed and gentle on skin; does not clog pores

What is the difference between UVA and UVB rays?

Overexposure to UVA and UVB rays can lead to skin cancer. In addition to causing skin cancer, UV rays can cause the following:

- UVA Rays (aging rays) can prematurely age your skin, causing wrinkles and age spots
- UVB rays (burning rays) cause sunburns

What is the sun protective factor (SPF)?

SPF is the ratio between the amount of UV which will cause sunburn in sunscreen protected skin, compared to unprotected skin.

The Canadian Dermatology Association recommends using a sunscreen with a SPF of at least 30, which blocks 97% of the sun's UVB rays.

Higher SPF sunscreens block slightly more UVB rays, but no sunscreen can block 100% of UVB rays!

High SPF sunscreens last the same amount of time as lower SPF sunscreens.

Sunscreen should not be used to extend the amount of time you would usually spend in the sun!



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High or Low SPF?

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What's the difference between chemical and physical (Mineral) sunscreens?

The main difference between these sunscreens is the active ingredients.

Physical/Mineral sunscreens contain zinc oxide, titanium dioxide, etc.

Physical sunscreens are recommended for people with sensitive skin.

Both sunscreens form a protective layer on the skin that absorbs the sun's rays. Physical sunscreens also reflect the sun's rays. .

How else can I protect my skin?

Sunscreen does not block 100% of the sun's UV rays, so it is still important to protect your skin with other methods!

- Reapply sunscreen every 2 hours, or after swimming/sweating, according to your sunscreen's instructions
- Seek shade when the sun's rays are strongest, normally between 10 am to 2 pm
- Wear sun protective clothing such as lightweight and long-sleeved shirts, pants, a wide-brimmed hat and sunglasses while in direct sunlight
- Use extra caution near water, snow and sand because they reflect damaging sun rays, and increase your chance of sunburns

The following brands are partners with the Canadian Dermatology Association. Please see their website for more dermatologist recognized sunscreens

Aveeno

EAU THERMALE
Avène
LABORATOIRE DERMATOLOGIQUE

CeraVe
DEVELOPED WITH DERMATOLOGISTS
RECOMMENDED BY DERMATOLOGISTS

CW
BEGGS
AND
SONS
CHICAGO
1874

GARNIER
OMBRÉLLE

HAWAIIAN
Tropic

LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE

MARCELLE

Neutrogena
DERMATOLOGIST RECOMMENDED BRAND

VICHY
LABORATOIRES



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