



# Play Smart... Play Sun Safe

## Take your best shot at sun safety

- ⚙️ *The sun's rays are strongest between 11-4, so try to schedule your sporting activities or training before 11 am or after 4pm if possible*
- ⚙️ *Remember up to 80% of the sun's rays can penetrate light clouds, mist and fog*





## Save the Skin You're In...Take Care... Take Cover

### Before the game:

- ⚙️ Apply sunscreen and lip balm with at least SPF 30 or more 15-30 mins before going out
- ⚙️ Choose a waterproof or sweatproof sunscreen

### While on the sidelines:

- ⚙️ Find shade or bring your own (umbrellas and portable tents)
- ⚙️ Wear sunglasses with 100% UV protection (wraparounds are the best)
- ⚙️ Wear clothing that covers as much skin as possible
- ⚙️ Wear a wide-brimmed or legionnaire-style hat  
(Baseball caps do not protect the ears or the vulnerable neck area)
- ⚙️ Remember to reapply sunscreen and lip balm every 2 hours, especially when swimming or sweating

### While playing the game:

- ⚙️ Wear sunscreen and lip balm with at least SPF 30
- ⚙️ Wear hat and sunglasses if the sport allows



Durham Health Connection Line 905-666-6241 or 1-800-841-2729

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