

Sun Smart and Summer Food Safety

Summer is here! With clear blue skies and hot sunny temperatures, we need to remember to practice being sun smart to enjoy our summer and remain healthy.

Two of the most important summer safety practices are protecting yourself from the sun's UV rays and outdoor food safety.



Sun Smart

Sunburn is a reaction to an overexposure of the sun's UV rays that results in red, inflamed and damaged skin. Frequent sunburns or severe sunburns in childhood can significantly increase the risk of developing skin cancer later in life according to Health Canada. Even a suntan is due to the exposure of skin to UV sunlight.

After several years of continuous exposure to sunlight will also damage skin leading to an amplified rate of skin aging and an increased chance of certain types of skin cancer even without a sunburn.

Observing the UV Index, which measures the strength of the sun's rays, is a very important part of the weather forecast when it comes to being sun smart. A UV index with the description of low (0-2) means that you can enjoy outdoor activities with minimal protection however it is recommended you put on your sunglasses and be sure to use sunscreen if you are outside for more than an hour.

When the UV index is 3 or greater, use higher precautions such as avoiding the sun between 11 a.m. and 3 p.m. and wear sunscreen, a hat and sunglasses. For more information, visit the Government of Canada's website under [UV index and sun safety](#).



