Did you know?

- Fresh white snow reflects up to 88% of the sun’s UV rays, almost doubling a person’s UV exposure.
- UV rays are stronger at higher altitudes (e.g., when mountain skiing or snowboarding).
- Travelling this winter? Getting a “base tan” before vacation does not protect you from sun damage.

Exposure to UV rays can lead to:

- Skin cancer
- Wrinkles
- Sunburns
- Snow blindness
- Cataracts

SUNBURNS and short periods of intense UV EXPOSURE (e.g., during winter vacation in SUN DESTINATIONS) are linked to SKIN CANCER.

Enjoy the sun safely. Protect your skin and eyes.

TRAVEL TIPS for Sun Destinations:

**Check the Local UV Report:** If you can, limit time in the sun when the UV Index is 3 or higher. But if you are outside, use sun protection.

**Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shelter.

**Cover Up:** Wear comfortable clothes that cover as much skin as possible (even when swimming) or UV-protective clothing. Wear a wide brimmed hat that covers the head, neck, and ears.

**Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled ‘broad spectrum’ and ‘water resistant.’ Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.

**Sunglasses:** Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection.

WINTER TIPS for Cold and Snow:

**Eye Protection:** Wear close fitting/wrap-around sunglasses or goggles with UV 400 or 100% UV protection. Protecting your eyes is important any time of day, all year round.

**Cover Up:** Wear a hat. It will keep you warm and protect your head. Consider wearing a mask (e.g., balaclava) to protect your face from the sun and wind.

**Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled ‘broad spectrum’ and ‘water resistant’ on skin not covered by clothes (e.g., face). Use a sunscreen lip balm.