August 21, 2019

Sun Safety Selfie Contest Winners Announced

Two photos submitted to the Sun Safety Selfie contest have been chosen as winners of the Facebook-based initiative. Payton Weppler of Grey County and the Kincardine Summer Day Camp of Bruce County will both receive a gift card for $25. Both images were featured on the Grey Bruce Health Unit Facebook and Twitter sites.

Although the contest was limited to young people, sun safety is important throughout life. To prevent the damage caused by the sun:

1. Check the UV Index daily. If 3 or higher, protect your skin. In Canada, this is usually from April to September between 11:00 am until 3:00 pm, even when cloudy.

2. The ultraviolet radiation (UVR) from the sun is harmful to our eyes year-round. Wear sunglasses with UV-protective lenses especially when you are around snow, sand or water. Wear glasses that are tight-fitting and are labelled “UV400” or “100% UV protection”.

3. Seek shade when possible or carry your own.

4. Wear a wide-brimmed hat and clothing that covers as much skin as possible. Be especially conscious of the tops of your shoulders and the tops of your feet as these areas are often highly exposed to the sun. Clothing generally provides better protection from the sun than sunscreen, especially if the fabric is tightly woven or is UV-protective.

5. Use a sunscreen with an SPF of at least 30 and has a label that says both “broad spectrum” and “water-resistant”. Apply generously to areas that are not covered by your clothing and re-apply periodically. The average adult should need about 2-3 tablespoons to cover their body, and about 2-3 teaspoons, just on the face and neck. Lip balm with sunscreen is also recommended.

6. Never use UV tanning equipment or deliberately try to get a tan. Always avoid getting a sun burn.
Public Health thanks everyone who submitted a photo to the contest. For more information, please visit the Grey Bruce Health Unit Sun Safety web site.

**Attachment:** Photos, Sun Safety winners Kincardine Day Camp and Payton Weppler

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