**SUN AWARENESS WEEK: May 28 - June 2**

**Don’t Get Burned!**  
Sunscreen can protect you from the sun’s harmful UV rays, yet some common errors in using it can lead to ineffective protection. Use these tips to get avoid a burn and get maximum protection.  
  
**Select the right sunscreen**.

Choose a sunscreen with SPF 30 or higher. Look for a sunscreen that is broad spectrum and water resistant and be sure to check the expiry date.  
  
**Apply a generous amount**.

The average adult needs 2-3 tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck. This is about the size of a golf ball to cover your body every time.  
  
**Put sunscreen on first**.

Sunscreen should be your first layer of protection before applying make-up or insect repellant.  
  
**Reapply throughout the day**.

Reapply sunscreen approximately every 2 hours or sooner if you have been in the water or sweating. Remember to put sunscreen on ears, nose, chin, back of hands and feet; these spots are often missed.  
  
**Protect your lips**. Use lip balm with SPF.

**Myth Buster: Chemicals in Sunscreen**  
A common myth about sunscreen is that they contain harmful chemicals that cause cancer. The research on oxybenzone, retinly palmitate and parabens does not show that they cause cancer. None of these chemicals has been classified as a cancer-causing substance by any major scientific organization. The Canadian Cancer Society has studied the current research and we believe that these chemicals in sunscreen do not pose a cancer risk.

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