

# a COMMUNITY Affair



brimmed hat



shade



long sleeves

sunscreen



sunglasses



limit exposure



☀ Reduce exposure to the sun between 10 a.m. and 4 p.m.

☀ Seek shade or create your own

☀ Wear a wide brimmed hat

☀ Wear sun protective clothing

☀ Use sunscreen, SPF 15+

☀ Wear UV protective sunglasses

*Skin Cancer is largely preventable by limiting exposure to sunlight.*

**Practice Sun Safety Everywhere!**



Chatham-Kent Public Health Unit  
435 Grand Ave. W., P.O. Box 1136  
Chatham, ON N7M 5L8  
519-352-7270 FAX 519-352-2166  
www.chatham-kent.ca



County of Lambton  
Community Health Services Department  
160 Esplanade St.  
Point Edward, ON N7T 7Z6  
519-383-8331 FAX 519-383-7092  
www.lambtonhealth.on.ca



Unité sanitaire  
de Windsor comté d'Essex  
Windsor-Essex County  
Health Unit  
1005 Ouellette Ave.  
Windsor, ON N9A 4J8  
519-258-2146 x 1350 FAX 519-258-7288  
www.wehealthunit.org  
360 Fairview Ave. W., Suite 215  
Essex, ON N8M 3G4  
215 Talbot St. E  
Leamington, ON N8H 3X5



*Most sun damage occurs  
in childhood and adolescence.*

*Sun exposure, a number of sunburns  
before the age of 12, and a family history  
of skin cancer, are the strongest risk factors  
for future skin cancer.*

*Send sunscreen with your child to daycare,  
school and everywhere the sun may be.  
Anytime you and your children are outside,  
use sunscreen.*

Copyright © 2005. Produced by the Windsor-Essex County Health Unit, Chatham-Kent Public Health Unit,  
and County of Lambton Community Health Services Department.



Canadian Dermatology  
Association



Canadian Cancer Society  
Société canadienne  
du cancer

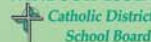


**OPTIMIST**  
Bringing out the best in kids  
Windsor & Essex County



Greater Essex County  
District School Board

WINDSOR-ESSEX



Conseil scolaire  
de district des  
écoles catholiques  
du Sud-Ouest



Lambton Kent  
District School Board  
*Student Achievement & Community Success*



ST. CLAIR CATHOLIC  
DISTRICT SCHOOL BOARD