

# Protect yourself from the harmful rays of the sun

Continued from pg. 2

- Put on sunglasses with UVA and UVB protection.

Tanning salons and sunlamps are not a safe way to tan. Just like the sun, tanning lights and sun lamps give off UV rays that can cause sunburn, age skin, and increase your risk of skin cancer.

The best choices for sun protection are to stay in the shade or to cover up. However, sunscreen is important too. There are many different brands of sunscreen available. When choosing a sunscreen, it is important to keep the following in mind:

- Use a sunscreen to help protect your skin when you cannot stay in the shade or cover up. It would defeat its purpose if you use it to stay out in the sun longer.
- Use a sunscreen with a sun protective factor (SPF) of 15 or higher.
- Make sure the sunscreen offers both UVA and UVB protection (usually labelled "broad spectrum").
- Apply sunscreen generously, 20 min-

utes before going outdoors.

- Reapply at least every two to three hours, and after swimming or exercise that makes you perspire.

- Use a lip balm with an SPF 15 (the lower lip is a common site for skin cancer to develop).

- Don't forget your ears, nose, neck and any bald spots, as these areas are where skin cancers occur most often.

- When using both sunscreen and an insect repellent containing DEET, apply the sunscreen first. After waiting 30 minutes, apply the DEET product.

Remember, as a parent it is your responsibility to protect your child from the sun. Be sure to follow the manufacturer's directions when applying sunscreen or DEET.

For more information about protecting your skin, call Halton Region at 905 825-6000, toll free 1-866-4HALTON (1-866-442-5866) or visit the website at [www.halton.ca](http://www.halton.ca).

—Health Notes is prepared by Halton Region staff

## Summer reading club for kids at library

Kids of all ages are invited to join Halton Hills Public Library's free "Quest for Heroes" TD Summer Reading Club.

Studies have shown that school-age children lose many of their reading skills over the summer months if they do not continue to read. The library's reading club will provide the incentive to keep kids reading, and it's a lot of fun too. Kids will receive a free poster and booklet (printed

in both English and French) and a calendar to keep track of their reading. They will earn prizes and stickers, and eight lucky children will win \$50 bank accounts from the TD Bank. Register anytime.

The library will also be providing a series of programs for children. Please call 905-873-2681 ext. 2520 or 519-853-0301 or visit [www.library.hhpl.on.ca](http://www.library.hhpl.on.ca) for more information.

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# back to school



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**WE OFFER A WIDE VARIETY OF PROGRAMS AND SERVICES.**  
 Now accepting registration for Fall Nursery School and Kindergarten Programs:  
 Beginning in the fall of 2006 we will be offering full-time home daycare in conjunction with Centre Nursery and Kindergarten Programs.  
 Limited spots available for September 2006. Please call for details.

**Summer Camp (ages 3-8)**  
 Full day and half day camps run Monday to Friday, during the following school breaks:  
 -Summer (July and August)  
 -Christmas Holidays  
 -March Break

**Full Time Daycare Spots Available in Georgetown South in conjunction with Play Junction Nursery School program.**

Friday night Supper Club resumes in September.  
 Drop-in, Drop-off Playgroup Hours (Resumes September 2006)  
 Tuesday, Thursday and Saturday: 9 am to 12pm  
 (must be 3 years old to be dropped off)

**Planning a Party?**  
 Play Junction offers a variety of party packages. All parties are 2 hours long and include exclusive use of the facility. Please call to reserve a time slot.  
 Please call or visit our website for information on these or other programs.