

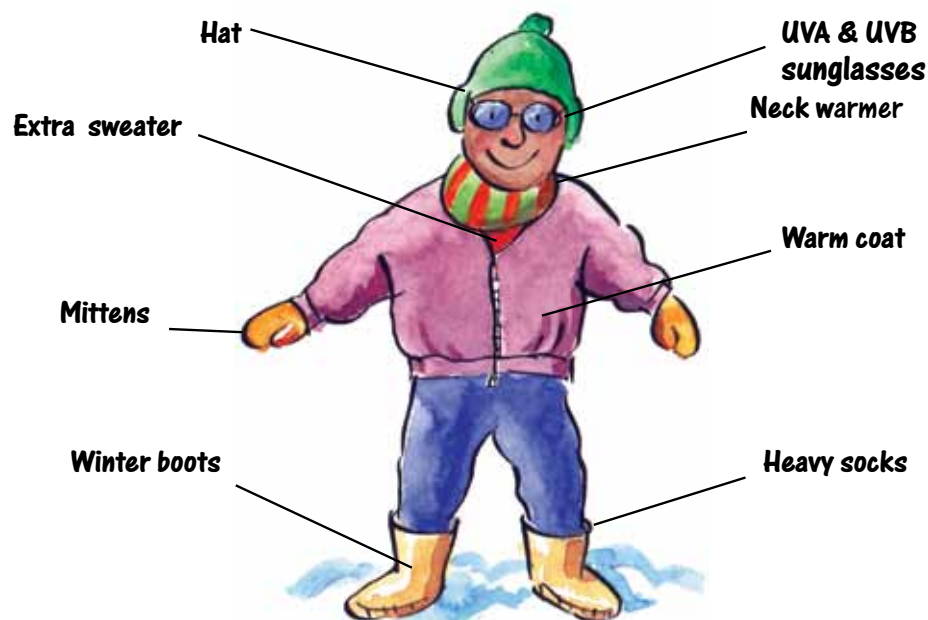
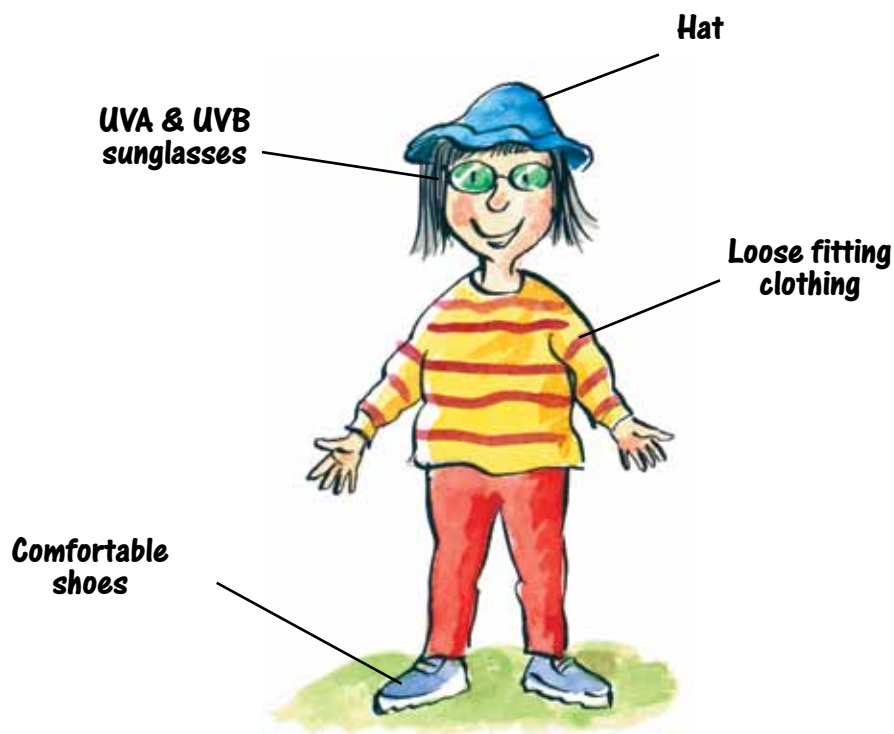
Get Set!

Get Dressed!

SUMMER DAYS

Dressing properly for sunny, cloudy, hazy and foggy days will help prevent sunburns.

- Protect the skin – wear clothing that is light-coloured, loose fitting and tightly woven.
- Wear a hat with a wide brim or backflap to protect the head, face, ears and neck.
- Put on UVA & UVB protective sunglasses.
- Comfortable, soft soled shoes like sneakers are better than sandals.
- See **Sun Safety Smarts**.



WINTER DAYS

Dressing for the cold helps prevent the loss of body heat.

- Wear a hat that also protects the ears (40 - 50% of body heat is lost through the head).
- Add a neck warmer or scarf tucked into a coat.
- While playing the body perspires. Clothing gets wet and the body can become chilled when activity is slowed down. A layer of clothing that can be put on or taken off, as activity levels change, decreases the amount of sweating and minimizes chilling.
- Layer clothing by putting on an extra sweater, sweat-shirt or a T-shirt, long underwear or leggings under regular clothing. Top with a warm coat, snow pants and mittens or gloves.
- On windy days wear a windproof outer layer.
- Wear heavy socks and roomy winter boots with good treads.
- Remember sunglasses and sunscreen on sunny days, especially when there is snow.