



Looking like grandpa
in half the time!



What if it is
-10°C?

The sun is
not your



BFF

SUNTiPS

Sun exposure causes cancer. Period.

**Isn't skin cancer
for old folks?**

No! Skin cancer is the second most common cancer in young people. And it's a devastating diagnosis for someone in the prime of their life.

To learn more, visit:
www.suntips.ca

Skin cancer isn't pretty – and it is preventable.

Follow these tips to help keep your skin young-looking, healthy and cancer-free for life:

- Whenever you're out in the sun, slip on a long sleeve shirt, slap on a wide brimmed hat and slide on shades that offer 100% UV protection.
- Seek shade between 11 am and 3 pm, when the sun's rays are most damaging.
- Slap a broad-spectrum sunscreen on exposed skin. Use plenty, and make sure it's at least 30 SPF.
- Don't use tanning beds – their UV radiation is just as damaging as the sun's.
- Be sun savvy year-round – remember that your skin needs protection from UV radiation even in the winter!
- Get your daily dose of Vitamin D from food sources or vitamin supplements instead of the sun.
- Educate yourself about sun damage and skin cancer. Visit www.suntips.ca to get the facts.



BC Cancer Agency
CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs

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