



COVER UP WITH CLOTHING

**WEAR PROTECTIVE
HEADWEAR**

**AVOID OUTDOOR ACTIVITY
FROM 11 AM TO 3 PM**

SEEK SHADE

**WEAR SPF 30+
SUNSCREEN**



Explore New Waters ☀️ Be Sun Safe



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

BC Cancer Foundation

Supporting research & care at BC Cancer Agency

Prevention Programs

www.suntips.ca

www.bccancer.bc.ca/PPI/Prevention