



*COVER UP WITH CLOTHING*

*WEAR PROTECTIVE HEADWEAR*

*AVOID OUTDOOR ACTIVITY FROM 11 AM TO 3 PM*

*SEEK SHADE*

*WEAR SPF 30+ SUNSCREEN*

# Be Cool ☼ Be Sun Safe



**BC Cancer Agency**  
CARE + RESEARCH

An agency of the Provincial Health Services Authority

**Prevention Programs**

**BC Cancer Foundation**

Supporting research & care at BC Cancer Agency

[www.suntips.ca](http://www.suntips.ca)

[www.bccancer.bc.ca/PPI/Prevention](http://www.bccancer.bc.ca/PPI/Prevention)