



Chill Out ☼ Be Sun Safe

COVER UP WITH CLOTHING

WEAR PROTECTIVE HEADWEAR

AVOID OUTDOOR ACTIVITY FROM 11 AM TO 3 PM

SEEK SHADE

WEAR SPF 30+ SUNSCREEN



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

www.bccancer.bc.ca/PPI/Prevention