



Reach New Heights ☀️ 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



In British Columbia we love the great outdoors, and we enjoy it year-round. Play hard and stay sun safe.

Learn Not to Burn

- Cover up with lightweight, UV-blocking clothing and headwear.
- Limit outdoor activities between 11 am and 3 pm, when the sun is strongest.
- Take time out in the shade.
- Use a broad-spectrum sunscreen with 30+ SPF.



Did You Know?

- More than 90 percent of skin cancer is caused by the sun.
- A sunburn can cause changes to the skin's DNA that can lead to melanoma, the most deadly type of skin cancer.
- Overexposure to the sun gives you wrinkles, discolours your skin, and makes you look older.

Climbing & Mountain Biking in BC

- UV radiation increases 10 percent for every 1,000 metres you climb.
- Wear a safety helmet when climbing and riding. When you reach the top, switch your helmet for a wide-brimmed hat.
- Wear UV-blocking sunglasses with side covers.
- UV-blocking shirts provide added protection.
- Apply waterproof sunscreen and reapply it as needed to clean, dry skin.
- On ice fields, apply zinc oxide to the tip of your nose.
- Use lip balm with SPF 30.

www.bccancer.bc.ca/PPI/Prevention • www.suntips.ca



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

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