Learn Not to Burn

• Cover up with lightweight, UV-blocking clothing.
• Try to stay out of the sun between 11 am and 3 pm, when UV rays are strongest.
• Take time out in the shade.
• Use a broad-spectrum waterproof sunscreen with 30+ SPF. If wearing sandals, apply sunscreen to your feet too.

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.

Water Sports in BC

• The sun is stronger when it reflects off the water, so apply sunscreen to your chin and neck.
• Special purpose UV-blocking sunglasses with side panels protect your eyes. Kids should wear sunglasses, too.
• Cover your head with a wide-brimmed hat or swim cap.
• Boaters can wear gloves to protect the backs of their hands.
• Dress children in UV-blocking swimwear at the beach or lake.
• Wear waterproof sunscreen and lip balm with SPF 30+.
• Apply zinc oxide to the tips of your ears and nose.

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