



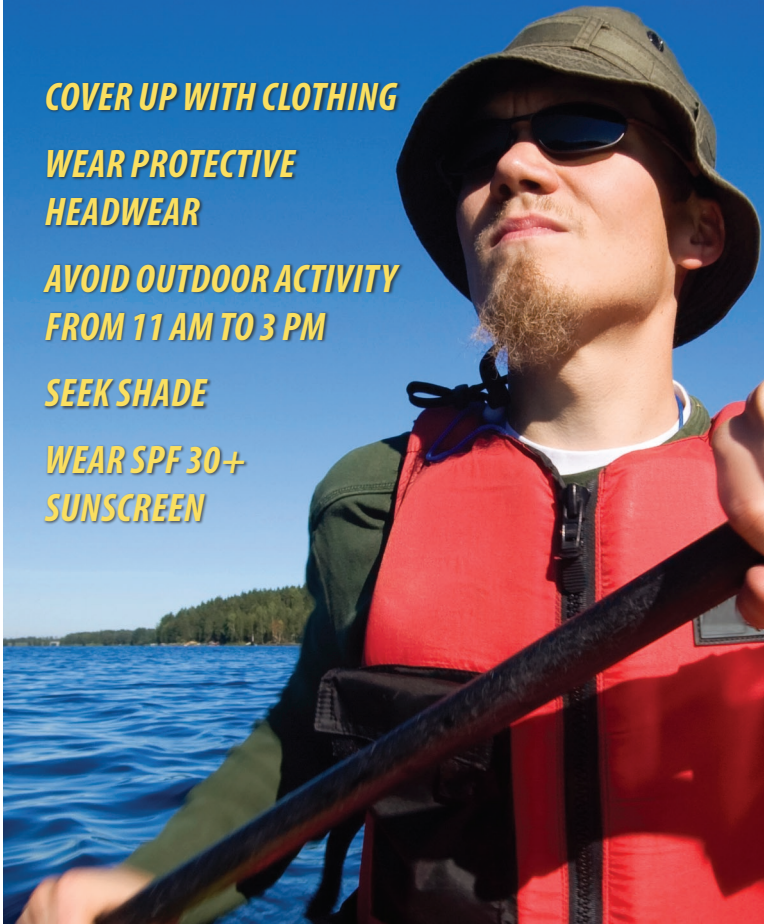
**COVER UP WITH CLOTHING**

**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

**Prevention Programs**

**BC Cancer Foundation**

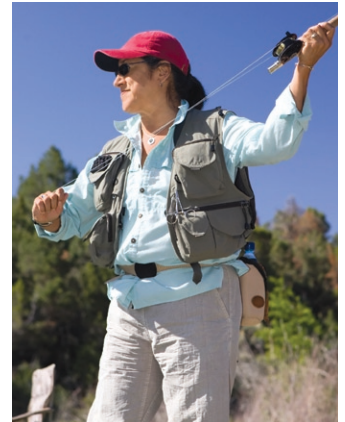
Supporting research & care at BC Cancer Agency



*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.
- 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+. Reapply them if you get wet.
- Apply zinc oxide to the tips of your ears and nose.

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

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