



Be Cool ☼ 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.
- Wear UV-blocking sunglasses.
- 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 and lip balm 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.

Outdoor Activities in BC

- Wear protective headgear when blading, skateboarding, or dirt biking. When you take off your helmet, put on a hat instead.
- Long sleeves and pants can protect your skin from sunburn and injuries.
- Find shady places to take a break.
- Sweat and dirt can remove sunscreen, so reapply it often to clean, dry skin.



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

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