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.

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