



Chill Out ☀️ 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



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 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 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.

Winter Sports in BC

- The sun's rays increase by 10 percent for every 1,000 metres of altitude. Fresh snow and ice can reflect up to 85 percent of UV light.
- Wear special purpose UV-blocking goggles or sunglasses with wide lenses and side covers.
- Wear a protective helmet when downhill skiing or snowboarding.
- Cross-country skiers should also wear hats and sunglasses.
- Gloves protect your hands from the cold and from sunburn.
- Check the UV index. Apply zinc oxide to the tips of your nose and ears on high UV days.

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

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