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

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**