



LEARN NOT TO BURN

1 Cover Up

with tightly woven clothing.

2 Top It Off

with a wide brimmed hat & UV-protective sunglasses.

3 Plan Ahead

by avoiding outdoor activities between
11 am – 3 pm.

4 Keep It Cool

by seeking shade when outdoors on sunny days.

5 Slather It On

with SPF 30+ sunscreen.

6 Fake It, Don't Bake It

by using sunless tanning lotions, not tanning beds.



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs

www.suntips.ca



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**More than
50 percent of cancers
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**To find out more
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our websites or call
604-877-6227**



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