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.
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More than 50 percent of cancers are preventable.

To find out more information, visit our websites or call 604-877-6227

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