

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







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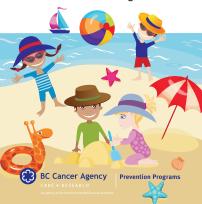
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More than
50 percent of cancers
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To find out more information, visit our websites or call 604-877-6227



Prevention Programs

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