



**COVER UP WITH
CLOTHING**

**WEAR PROTECTIVE
HEADWEAR**

**AVOID OUTDOOR ACTIVITY
FROM 11 AM TO 3 PM**

SEEK SHADE

**WEAR SPF 30+
SUNSCREEN**



Blaze New Trails ☼ Be Sun Safe



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 lightweight, UV-blocking clothing and headwear.
- Try to stay out of the sun between 11 am and 3 pm, when UV rays are strongest.
- Take time out in the shade.
- Use a broad-spectrum sunscreen 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.

Hiking and Running in BC

- UV radiation increases 10 percent for every 1,000 metres you climb.
- Cotton and breathable fabrics are coolest next to the skin. UV-blocking, long-sleeved shirts provide extra protection.
- Everyone can wear UV-blocking sunglasses—even the kids!
- Make sure your hat has a wide brim to protect your face and neck.
- Wear sweat-resistant sunscreen and reapply it as needed to clean, dry skin.
- Use lip protection with SPF 30.

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

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