



TEN WAYS TO PREVENT SKIN CANCER

KEEP SUN EXPOSURE TO A MINIMUM, especially between the peak hours of 11 a.m. and 4 p.m., when the sun's rays are the strongest.

USE A SUNSCREEN liberally, and reapply every two hours when working, playing or exercising outdoors. Sunscreens with an SPF (Sun Protection Factor) of 15 or more, containing UVA as well as UVB protection, are recommended to prevent sunburn, skin cancer and premature aging.



BEWARE OF CLOUDS, since up to 80 per cent of the sun's harmful rays can penetrate haze, light clouds and fog.

WEAR APPROPRIATE CLOTHING, during prolonged periods in the sun, including a hat, long-sleeved shirt and pants.

BEWARE OF REFLECTIVE SURFACES, snow reflects 85% and water up to 100% of the sun's damaging rays. As much as 60 - 80% of U.V. radiation is transmitted through the first 30 cm of water in a pool.



EXAMINE YOUR SKIN, and your children's regularly for any changes in moles, freckles or skin discolourations.

AVOID TANNING SALONS AND SUNLAMPS, the ultraviolet rays they emit can cause sunburn and premature aging of the skin, reduce the immune system and increase the risk of skin cancer.

PROTECT CHILDREN, by keeping them out of the sun or minimizing sun exposure. Sunscreen should only be used on babies 6 months and older.

TEACH CHILDREN AND TEENAGERS, sun protection. Damage caused by sun exposure over the course of a lifetime and one severe childhood or adolescent sunburn will double the risk of developing skin cancer later in life.



PROTECT YOUR EYES, too much UV radiation (from the sun and tanning beds) can cause wrinkling around the eyes and cause long term damage to the eyes. When you are in the sun, wear sunglasses with UVA and UVB protection. If you choose to use tanning beds, always wear eye protection.

Slip on a Shirt! Slap on a Hat! Slop on Sunscreen!

Adapted courtesy of the Canadian Dermatology Association

**For more information on Cancer Prevention, Sunsense
Call Health Connection 1-800-361-5653**

