



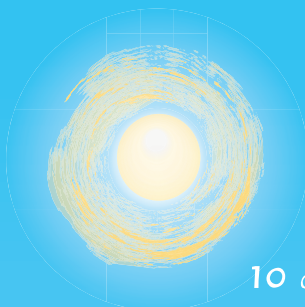
# Be SUN SAFE!



**BE SUN  
SAFE**

Canadian  
Dermatology  
Association





Avoid sun exposure, especially between 10 a.m. – 3 p.m.



Look for shaded spots to play when you are outside.



Wear protective clothing.



Use a broad-spectrum sunscreen with SPF 30 or higher.



**BE SUN SAFE**

Canadian Dermatology Association



[www.dermatology.ca](http://www.dermatology.ca)