

# SHINING A LIGHT ON SUN SAFETY



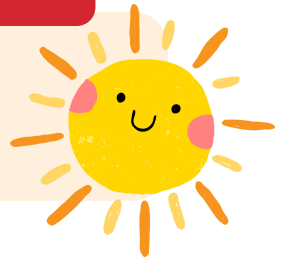
## What happens when you're exposed to too much sun?



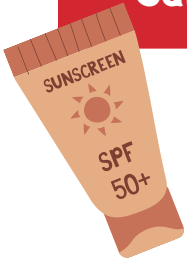
- Sunburns
- Dehydration
- Premature skin aging (wrinkles, lines, age spots, freckles)
- Skin Cancer

## How common is skin cancer?

- Although melanoma is rare in children, it is one of the most common cancers in young adults.
- Although it is common, it's one of the most preventable cancers.



## Can anyone get skin cancer?



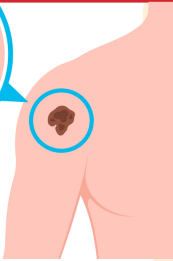
- Yes. Skin cancer affects people of all colours.
- No matter what your skin type is, everyone should practice sun safety.

## Can you detect skin cancer on yourself?

- Yes! Check your skin monthly from head-to-toe to look for new bumps that bleed easily or become itchy or moles that have changed quickly.
- If you find something, make an appointment with your doctor to assess.



## Are moles the same as melanoma?



- No! But melanoma can develop from moles.
- Moles are usually small, round and smooth spots. They have an even colour of pink, tan, or brown.
- Moles become concerning when they change quickly and should be checked by a doctor.

## How can you protect yourself from skin cancer?

- **SLIP** on a t-shirt to keep shoulders covered as they can easily burn
- **SLOP** on a broad-brimmed hat that shades the face, neck and ears
- **SLAP** on SPF 30+ broad spectrum, 4 star + UVA sunscreen
- **SEEK** shade from the sun whenever possible, particularly between 10 am and 4 pm
- **SLIDE** on quality wrap-around sunglasses
- **SCAN** your skin & do a skin check once a month



**SCAN THE QR CODE**

To learn more sun safety tips