

# BE FIT BE SUN SAFE!



Good sun protection habits will keep skin healthy while involved in an active, outdoor lifestyle.



- When possible, wear clothing to cover the skin; hats too



- Use an SPF 30 broad spectrum sunscreen



- Try to schedule activity before 11am or after 4pm



- Seek shade when possible



For further information, visit [www.dermatology.ca](http://www.dermatology.ca)



Dermatologists  
Your **SKINexperts**

Canadian Dermatology Association  
Association canadienne de dermatologie