

Save the skin you're in...

Take Care... Take Cover

SEEK SHADE

WEAR A HAT

APPLY SUNSCREEN

COVER UP

WEAR SUNGLASSES

LIMIT SUN EXPOSURE

CHECK THE UV INDEX

LIMIT SUN EXPOSURE



HEALTH
DEPARTMENT

durham.ca/sunsafety

If you require this information in an accessible format, contact 1-800-841-2729.



May 2024

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