



save your skin  
FOUNDATION



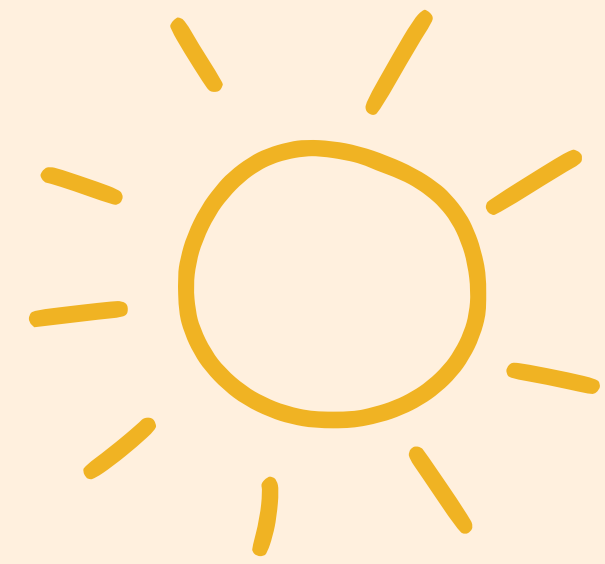
LA FONDATION  
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# SHINING A LIGHT ON SUN SAFETY

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

It's okay to be in the sun for a short amount of time, but being in the sun for too long without protection can have damaging side effects:

- Sun Burns
- Photoaging
- Skin Cancer



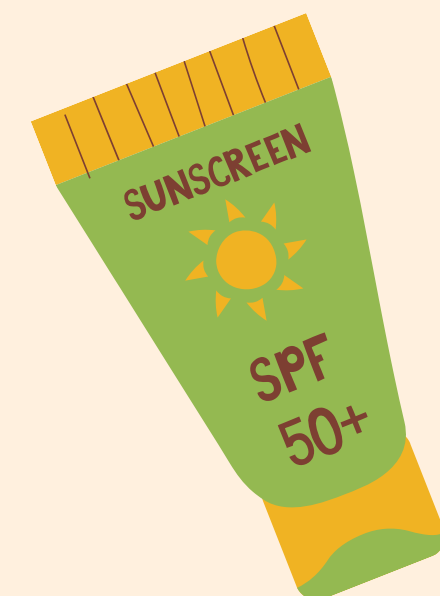
## Why is sun safety important?

- The damage done to your skin now can lead to skin cancer when you get older.
- Skin cancer is one of the most common cancers in young people.
- Advanced skin cancer is hard to treat, so preventing it early is key!



## How can you be sun safe?

- Wear sunscreen of at least SPF 30 and reapply every 2 hours.
- Check your skin - spend 10 minutes a month checking for changes. If you see a change, say something!
- Practice sun safety. Wear a hat, sun glasses and a long sleeve and seek shade when possible.



## SCAN THE QR CODE

To learn more sun safety tips