



## WORLD CANCER DAY FEBRUARY 4

*We can prevent,  
detect earlier **and** treat  
cancer successfully!*



**Don't  
use  
tobacco**

**Protect  
yourself  
from the  
sun**

**Get  
regular  
medical  
care**

**Get  
immunized**

**Eat a  
healthy  
diet**

**Maintain  
a healthy  
weight**

**Be  
physically  
active**

**Avoid  
risky  
behaviours**  
*(Practice safe  
sex)*

**Ask your doctor about the best  
cancer screening schedule for you**