

# Take Me Away!

## Luggage Tag Destination Contest

Please take a few moments to complete this brief survey and enter to win a prize package. The purpose of this survey is to gain a better understanding of smart sun behaviours that local individuals practice while on vacation.

★ *Your personal information will be removed from the survey information and is only collected for the prize draw. Survey information is to get a better understanding of smart sun behaviours that local individuals practice. The draw will be random, and a prize package will be awarded on May 15, 2009.*

Where did you take your luggage tag? \_\_\_\_\_

What dates were you away? \_\_\_\_\_

Have you ever used an artificial tanning bed or lamp?  Yes  No

Did you use an artificial tanning bed or lamp prior to this trip?  Yes  No

Did you practice any of the following smart sun behaviours while at your sun destination? Check all that apply:

- Avoided direct UV from the sun rays during high UV times.
- Inquired about the UV Index at my sun destination.
- Wore a broad-spectrum sunscreen of SPF 30 or greater everyday.
- Wore sunscreen on my face daily.
- Wore a wide brimmed hat.
- Covered exposed skin to protect from UV rays.
- Wore protective sunglasses while in the sun.
- Sought shade for protection from UV rays.

We hope you enjoyed youR time away.



Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

Daytime phone number \_\_\_\_\_

- Drop ballot off at Health Unit office
- Fax to 613-283-1679
- Enter online at [www.healthunit.org](http://www.healthunit.org)

Ballots due to Leeds, Grenville & Lanark District Health Unit by April 30, 2009.