



**Slip!**  
on clothing

**Slap!**  
on a hat



**Slop!**  
on sunscreen  
SPF 15 or  
higher

For more information call the  
Canadian Cancer Society at  
1 888 939-3333 or take our  
*SunSense* quiz at [www.cancer.ca](http://www.cancer.ca).

SunSense




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# SunSense Guidelines

It is possible to enjoy healthy outdoor activities while in the sun:

**1. Reduce sun exposure between 11 a.m. and 4 p.m.**

**2. Seek shade or create your own shade.**

**3. Slip! on clothing to cover your arms and legs.**

**4. Slap! on a wide-brimmed hat.**

**5. Slop! on a sunscreen with SPF #15 or higher.**

**6. Keep babies under one year out of the direct sun.**

**7. Tanning parlours and sunlamps are not a safe way to tan.**

*In order to reduce your risk of skin cancer, the Canadian Cancer Society recommends that you and your children practice these SunSense Guidelines.*



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