**USE SUNSENSE**
Get outdoors and be sun safe

1. **Seek Shade**
   Seek shade or create your own where it is not available

2. **Slip on protective clothing**
   Wear weather appropriate clothing that provides sun protection

3. **Slap on a wide-brimmed hat**
   A wide brim protects your ears, neck and face

4. **Slop on Sunscreen**
   SPF 30 or higher to protect your skin

5. **Slide on sunglasses**
   Protect your eyes

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Canadian Cancer Society