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