

Summer is coming...
So you know what that means!



SLIP



SLOP



SLAP



SEEK



SLIDE

Protect the skin you're in!

SLIP on a long-sleeved shirt with a collar

SLOP on broad-spectrum sunscreen, at least SPF30

SLAP on a broad-brimmed hat

SEEK shade under a tree, umbrella or shade sail

SLIDE on some sunnies