

Protect your skin with the sun safety steps:



Slip on a dark, long-sleeved shirt and pants



Slop SPF 30, broad spectrum sunscreen on your skin



Slap on a broad-rimmed hat



Slide on sunglasses



Slip, slop, slap and slide!
Now we're ready to go outside!





Did you know?

Everyone should follow the sun safety steps, even if you have darker skin and don't get sunburned easily.



Learn more about sun safety and how to keep your skin healthy at

[SpotsEducation.org](https://www.spotseducation.org)



SPOTS

Sun Protection Outreach
Teaching by Students

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