



**Be a cool cat. Avoid suntans.**

# Sun causes skin cancer.



## Some hot tips:

- ▶ Limit your time in the sun between 10am and 3pm – that's the strongest time.
- ▶ Head for the shade and wear clothes that will protect you from the rays.
- ▶ Put a hat on (broad-brimmed) that keeps your face, neck and ears safe from the sun and wear your sunnies.
- ▶ Squirt on sunscreen (SPF30+ of course) 20 minutes before you head out into the sun and reapply every two hours.



Slip



Slop



Slap



Seek



Slide