



# **SUN BASICS**

***SLIP ON!* a shirt,  
protect your skin  
with clothing!**

***SLOP ON!*  
sunscreen, use a  
sunscreen with a  
sun protection  
factor (SPF) of 15  
or higher!**

***SLAP ON!* a hat,  
wear a hat with a  
wide brim, your  
ears, neck, and face  
get a lot of sun!**