

BE **SUNSAFE** BY FOLLOWING THE **5S** RULE:

- **SLIP** on clothing that covers your skin, such as wearing long sleeves, collared t-shirts, etc.
- **SLOP** on sunscreen on exposed areas, using factor 50+
- **SLAP** on a wide-brimmed hat
- **SEEK** shade- especially if outdoors between 11am and 3pm, and always use a sunshade on a child's buggy
- **SLIDE** on sunglasses to protect your eyes



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