

# THIS MEMORIAL DAY PROTECT YOUR SKIN!

#DontFryDay



# SLIP

on a long-sleeved shirt or other clothing to protect your skin from the sun.





## SLOP

on sunscreen with an SPF of 15 or higher. Reapply at least every two hours.





### SLAP

on a broad-brimmed hat to protect the back of your neck and ears.







### WRAP

on a pair of sunglasses. The kind that wraps around the sides of your face is best.