

Get
**spot
ted**

Summer is coming in hot, so you know what that means...
you need to



Monday 16 - Sunday 22 October

Get Spotted - Melanoma Awareness Campaign

Here are a few things you can do to look after the skin you're in:

Slip: Wear a long-sleeved shirt with collars

Slop: Rock some sunblock when you're outside

Slap: Wear a broad-brimmed hat

Seek: Hang in the shade.

Slide: on sunglasses that fit tightly to the face

For more information go to - melanoma.org.nz

Melanoma
New Zealand

