

Get  
**spot  
ted**

**Summer is coming...**

**So you know what that means!**



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**

**Protect the skin you're in!**

**SLIP** on a long-sleeved shirt with a collar

**SLOP** on broad-spectrum sunscreen, at least SPF30

**SLAP** on a broad-brimmed hat

**SEEK** shade under a tree, umbrella or shade sail

**SLIDE** on some sunnies

[melanoma.org.nz](http://melanoma.org.nz)

**Melanoma**  
New Zealand

