

# Do You Know the 5 S's?

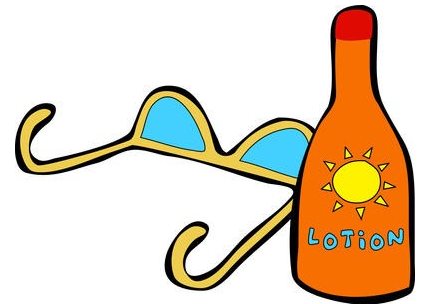


**SLIP** on sun protective clothing.

**SLOP** on broad spectrum SPF 30+ sunscreen.

**SLAP** on a wide-brimmed hat.

**SEEK** shade or shelter.



**SLIDE** on UV protective sunglasses.



Skin Cancer is the most common cancer in the U.S. and in Nevada. Most skin cancers are caused by too much exposure to ultraviolet (UV) radiation from the sun. Follow the 5 S's to reduce your risk for skin cancer and be Sun Smart.

[SunSmartNevada.org](http://SunSmartNevada.org)