

**Weekday:** Whether cloudy or sunny today, remember to wear sunscreen with an SPF 30 or protect your skin by wearing hats, sunglasses and light clothing while you are outdoors!

**Weekend:** When you are outdoors this weekend having fun, remember to wear hats, sunglasses and light clothing to protect your skin!

**Holiday:** Happy Memorial Day! When you are out enjoying the holiday, remember to wear protective clothing, hats and sunglasses, and put sunscreen with SPF 30 on skin not covered with clothing. Be sure to spread the word about sun protection to your friends and family celebrating with you, too.

Substitute 4<sup>th</sup> of July for Memorial Day