

Be SunSmart

Being SunSmart is about protecting skin and eyes from damaging UV radiation – especially when outdoors from September to April.



Slip on a shirt

Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



Slip into the shade

Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



Slop on sunscreen

Slop on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.



Slap on a hat

With a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.



Wrap on sunglasses

Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.

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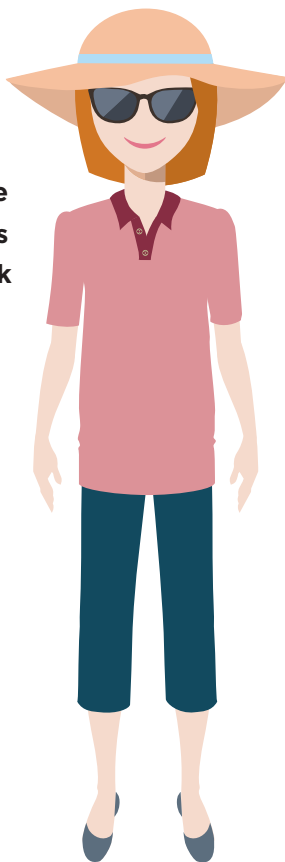
Protect your skin and eyes by using the SunSmart steps.

close fitting
wrap

around
sunglasses
protect your
eyes from
UV radiation.



**wide
brim hats**
protect the
face, neck
and ears.



face
ears
neck

half
a teaspoon
of sunscreen
to:



arm
leg

1 teaspoon
of sunscreen
to each:



sunsmart.org.nz

