

Be SunSmart

Protect your skin and eyes from damaging UV radiation, especially when outdoors from September to April.

www.sunsmart.org.nz



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa



Slip on clothing that covers as much skin as possible.

Dark colours and tight weave fabrics give better protection.



Slip into the shade of a leafy tree, building or shade sail and plan outdoor activities for hours when UV is lower.



Slop on broad spectrum, water-resistant sunscreen of at least SPF30.

Remember to reapply every 2 hours and after being in water.



Slap on a hat with a wide brim or flaps covering the ears and neck which are the most common places for sunburn.



Wrap on close fitting sunglasses that have a sun protection rating on the label.

