

Be SunSmart

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



Slip on clothing

Slip on clothing that covers as much skin as possible. 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 a leafy tree, building or shade sail.



Slop on sunscreen

Slop on plenty of broad-spectrum, water-resistant, 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

Wear a hat with a wide brim or with flaps covering the ears and neck. 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.

Being SunSmart

Protect your skin and eyes by using the SunSmart steps.

close fitting
wrap

around style

sunglasses

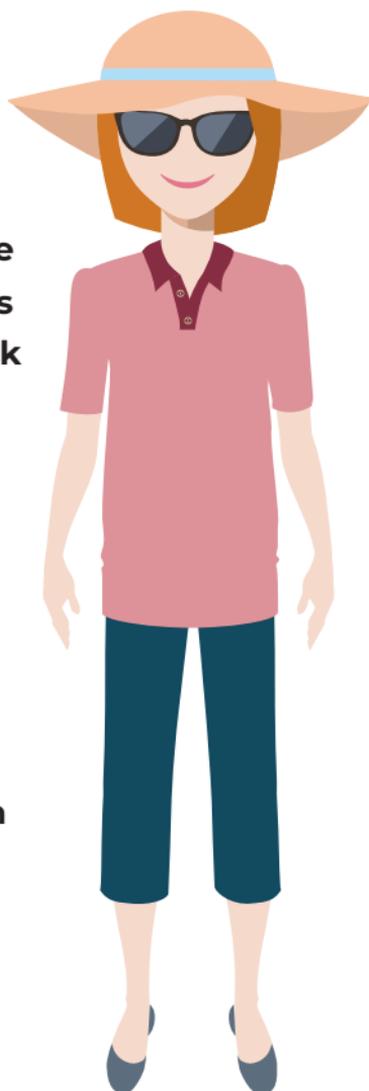
protect your eyes from

UV radiation.

wide

brim hats

protect the face, neck and ears.



face
ears
neck

1 teaspoon
of sunscreen
to:



arm
leg

1 teaspoon
of sunscreen
to each:



SUNSMART

sunsmart.org.nz



Cancer
Society

Te Kāhui Matepukupuku
o Aotearoa