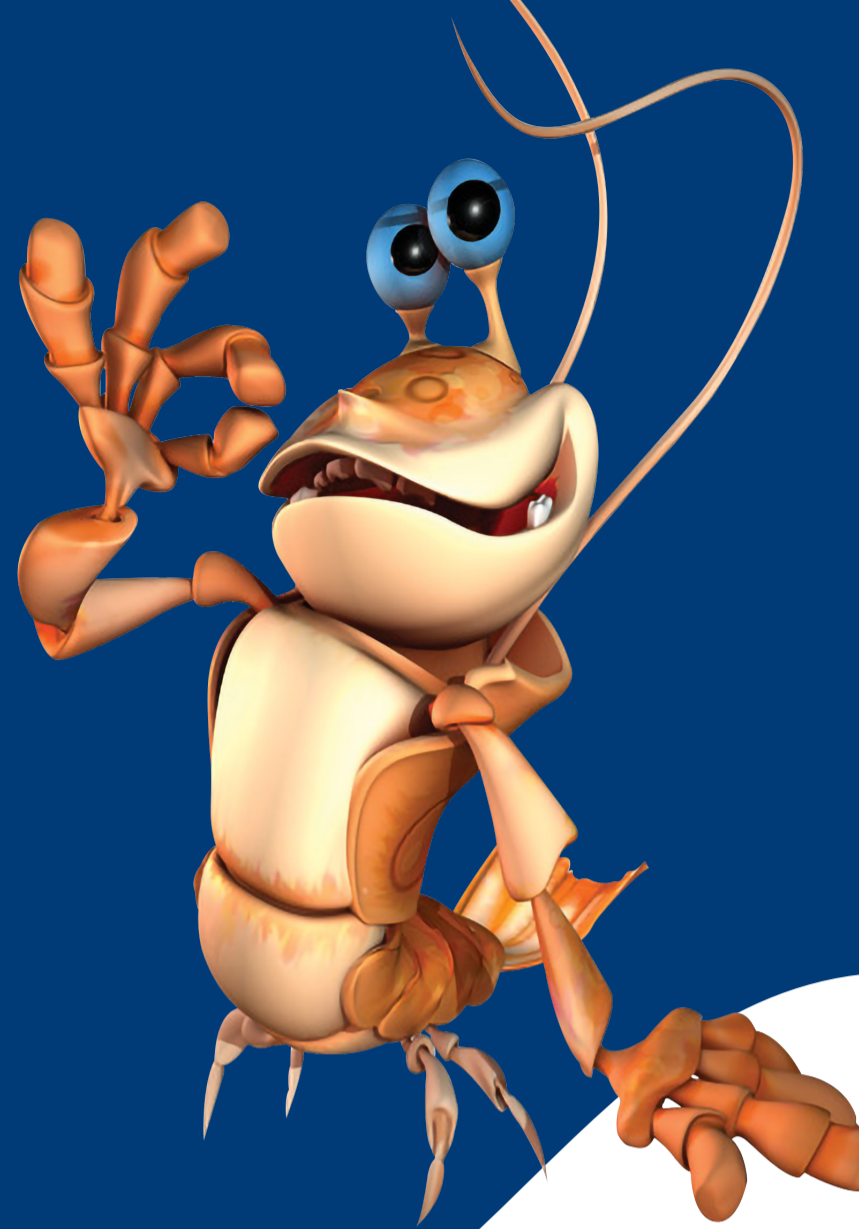


# Be SunSmart, protect yourself from all that damaging UV radiation.



**Slip** into some clothing,  
so you cover as much  
skin as possible.



**Slip** into the shade, leafy  
trees, buildings and shade  
sails are best.



**Slop** on sunscreen,  
make sure it's broad  
spectrum SPF 30 or  
above.



**Slap** on a hat, a wide brim  
is needed to protect your  
face and neck.



**Wrap** on those close  
fitting wrap around  
style sunnies.



Visit [sunsmart.org.nz](http://sunsmart.org.nz) for  
more information.