

FACT: You can be sunburnt on cool or cloudy days.

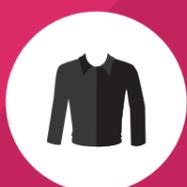
— SLIP —

Slip into clothing that covers as much skin as possible

Loose fitting, tightly weaved material protects your skin and keeps you cool in the heat.



Use the Sun Protection System
Slip, Slop, Slap and Wrap



FACT: Shade provides the best sun protection.

— SLIP —

Slip into the shade of a leafy tree, building or shade sail.

Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



Use the Sun Protection System
Slip, Slop, Slap and Wrap



FACT: 7 teaspoons is the amount of sunscreen you need to apply 20 minutes before going outside.

— SLOP —

Slop on plenty of broad-spectrum water-resistant sunscreen of at least SPF 30

Reapply every two hours and especially after being in water or sweating.



Use the Sun Protection System
Slip, Slop, Slap and Wrap



FACT: Wide brim hats give better protection.

— SLAP —

Slap on 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.



Use the Sun Protection System
Slip, Slop, Slap and Wrap



FACT: UV radiation can damage your eyes.

— WRAP —

Wrap on close fitting, wrap around style sunglasses

Not all sunglasses protect your eyes, so always check the label for the sun protection rating.



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Slip, Slop, Slap and Wrap



SUN PROTECTION SYSTEM

Be SunSmart – mix and match each part
of the sun protection system to suit
your activity and get the best protection
under the sun.



Use the Sun Protection System
Slip, Slop, Slap and Wrap

