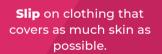
## Be SunSmart

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

www.sunsmart.org.nz





Dark colours and tight weave fabrics give better protection.

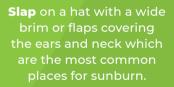


**Slip** into the shade of a leafy tree, building or shade sail and plan outdoor activities for hours when UV is lower.



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

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



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





