

# Be SunSmart

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



## **Slip** on a shirt

Slip on a shirt with long sleeves. 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 an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



## **Slop** on sunscreen

Slop on plenty of broad spectrum 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

With a wide brim or a cap with flaps. 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

sunglasses

protect your eyes from

UV radiation.

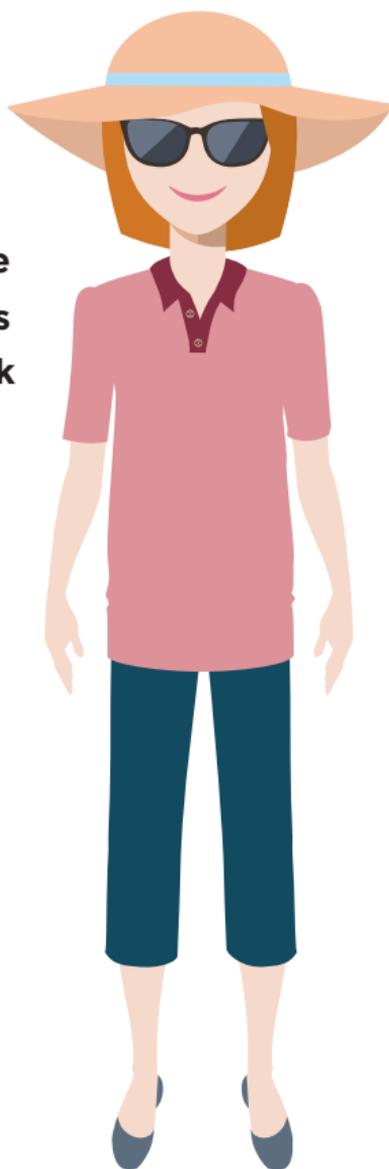
**wide**

**brim hats**

protect the

face, neck

and ears.



face  
ears  
neck

**half**

**a teaspoon**

of sunscreen

to:



arm  
leg

**1**

**teaspoon**

of sunscreen

to each:



SUNSMART

[sunsmart.org.nz](http://sunsmart.org.nz)



health  
promotion  
agency

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