



1. SLIP on a shirt with long sleeves.
2. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



1. SLIP into the shade of an umbrella or a leafy tree.
2. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



1. SLOP on plenty of water resistant, broad spectrum sunscreen of at least SPF 30.
2. No sunscreen completely filters all UV rays. Always use with the other SunSmart steps.

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



1. SLAP on a wide brim or a cap with flaps.
2. More people are sunburnt on the face and neck than any other part of the body.



1. WRAP on close fitting, wrap around style sunglasses.
2. Not all sunglasses protect against UV rays, so always check the label for the sun protection rating.

