



# Sun Protection Alert



Protect today from:

to

Use the Sun Protection System  
slip, slop, slap, and wrap



See [MetService.com](https://www.met-service.com) for today's sun protection times.

# How to use this sign

## The time to be SunSmart changes everyday, to get todays times:

Go to **MetService.com**, select your town or city and scroll to the Sun Protection Alert, for today's sun protection times.

Write today's times in the space provided with a whiteboard pen.

Also available on **MetService phone apps or your daily newspaper.**



## Everything you need to know:

The Sun Protection Alert is available from September to April. It provides the time period each day when the Sun's UV radiation levels are high enough to cause skin damage. It gives daily information for each area of the country.



Example of 'Sun Protection Alert'

The information responds to the weather, the messages;

**“Even on cloudy days”** means the forecasted cloud level is not sufficient to lower the risk of over exposure to UV radiation from the sun.

**“Even on cooler days”** means the sun's UV radiation is not affected by the day's temperature and therefore protection is still required.

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SUNSMART

SunSmart.org.nz



health  
promotion  
agency

www.hpa.org.nz