



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



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.

