

NEVER GET SUNBURNT

SUN PROTECTION ALERT


9:50 AM — **4:05** PM

PROTECTION REQUIRED
Seek shade, reapply sunscreen

The time to be SunSmart changes every day so there is a new Sun Protection Alert that gives the exact time period each day when you need to use sun protection. It provides daily information about each area of the country.

Check out MetService.com or your daily newspaper to see when sun protection is required.



SUNSMART

sunsmart.org.nz

VISIQUE

0800 VISIQUE | visique.co.nz

Be SunSmart during September to April, especially between 10am to 4pm when the sun's UV rays are most fierce



Slip into a long sleeved shirt with a collar



and under the shade of an umbrella or leafy tree.



Slop on plenty of sunscreen at least 15 minutes before going outdoors.

- Use broad-spectrum SPF30+ sunscreen.
- Reapply sunscreen every 2 hours and after being in water or sweating.



Slap on a hat with a wide brim or a cap with flaps. More people get sunburnt on the face and neck than any other part of the body.



Wrap on a pair of sunglasses with 100% UV protection. Not all sunglasses protect against UV radiation so always check the label for the sun protection rating or consult your local Visique Optometrist.

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