



MCs can play an important role in prompting people at your event to be SunSmart. Here are some suggested announcements your MC might make.

- **Have you got your hat and sunscreen on today?** Make sure you protect yourself and your family from the sun by slapping on lots of sunscreen, wearing a hat, and finding a shady area to sit.
- **Don't forget to Slip, Slop, Slap and Wrap** – it's a sunny day out here today so don't forget to slip on a shirt, slop on the sunscreen, slap on a hat and wrap on those sunglasses.
- **If you have forgotten to bring your sunscreen today**, please ask one of our volunteers/staff to get you some sunscreen – it's so important to protect yourself and your family from the sun.
- **Even though it's a cloudy day today** you still need to protect yourself and your family from the sun – so remember to slip, slop, slap and wrap.
- **Has it been two hours since the last time you slopped on the sunscreen?** It's time to reapply. And don't forget your ears and the back of your neck.
- **Are you feeling the burn?** I hope not! Get into the sunscreen and make sure you've got a hat on. It's important not to get sunburned – especially those littlies. If you haven't got any sunscreen, we have. Just ask one of our volunteers/staff.
- **It's a sunny and hot day out there**, so if you're starting to feel it, how about you spend a bit of time under one of our shady umbrellas or sit



**Be SunSmart**

**Slip, Slop, Slap and Wrap**

For more sun safety tips visit [www.sunsmart.org.nz](http://www.sunsmart.org.nz)