



1. SLIP on clothing that covers as much skin as possible.
2. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



SUNSMART



1. SLIP into the shade of a leafy tree, building or shade sail.
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 broad-spectrum, water-resistant, sunscreen of at least SPF 30.
2. No sunscreen completely filters all UV rays. Always use with other SunSmart behaviours.

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



1. SLAP on a hat with a wide brim or with flaps covering the ears and neck.
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 radiation, so always check the label for the sun protection rating.

