

STAY sun safe

slip on some sun-protective clothing that covers as much skin as possible.

slop on some broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

slap on a hat - broad brim or legionnaire style to protect your face, head, neck and ears.

seek shade.

slide on some sunglasses - make sure they meet Australian Standards.

