

Are you protected from the sun?

Too much sun damages the skin and can lead to skin cancer, including melanoma.

Protect yourself in 5 simple steps:

between September and April



Slip into some shade

Reduce your exposure to the sun whenever possible by taking breaks in the shade, especially between 10am and 4pm.



Slip on sun-protective clothing

Choose long pants and a long-sleeved, collared shirt. Natural fibres are best; clothes with UV ratings.



Slap on a hat

Wear a wide brim hat that protects your head, face, neck and ears.



Slop sunscreen on all exposed skin

Choose at least SPF30+ broad spectrum sunscreen. Apply at least 15 minutes before going outside. Reapply at least every two hours.



Wrap on some sunglasses

Wear close fitting, wrap-around styles. Look for the label AS/NZS 1337.