

REMEMBER TO FOLLOW THESE

# 5 SIMPLE STEPS

TO BE

# SUN SMART!



**SLIP** on protective clothing

Wear loose fitting clothing that covers your body as much as possible.



**SLOP** on SPF30+ sunscreen

**\*Re-apply every 2 hours**

Apply sunscreen at least 20 minutes before going outside. Don't forget to apply on your neck and behind your ears!



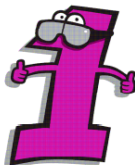
**SLAP** on a broad brimmed hat

Wear a hat with a wide brim to protect your ears, eyes and face.



**SEEK** shade

Limit your time in the midday sun (between 10am - 4pm). Remember the Shadow Rule: Watch your shadow. No shadow, seek shade!



**SLIDE** on wrap-around sunglasses

Wear sunglasses that provide UVA and UVB protection to protect your eyes.

And **DON'T FORGET TO** drink lots of water!