

There's more to sun protection than sunscreen

Protect yourself and your guests

Sun protection is essential between September and April, especially between 10am and 4pm



1. Slip into some shade and Slip on sun-protective clothing

Reduce your time in the sun by using shaded areas and, whenever possible, take breaks in the shade. Choose long pants and a long-sleeved, collared shirt.



2. Slop on sunscreen on all exposed skin

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



3. Slap on a hat

Wear a hat that protects your head, face, neck and ears. Choose a hat with a broad brim (at least 7cm) or a bucket style hat. Use a brim attachment with a neck flap when using a helmet.



4. Wrap on some sunglasses

Wear close fitting, wrap-around styles. Look for label AS/NZS 1067:2003.



Check your skin regularly

and see your doctor as soon as possible if you notice a spot, mole or freckle that has changed in size, shape, colour or texture.