

SUNNY DAYS AHEAD

Enjoy the outdoors safely by
protecting your skin



SUN SAFETY TIPS

1



CHECK UV INDEX DAILY

When the index is 3 or higher, protect your eyes and skin as much as possible.

Try to seek shade under an umbrella or tree, especially between 11 a.m. and 3 p.m., when UV is the strongest.



2

SEEK SHADE

3



COVER UP

Wear loose clothing with a tight weave and dark/bright colours, and a wide-brimmed hat that covers as much skin as possible.

For maximum protection, look for sunglasses that block both UVA and UVB rays.



4

WEAR SUNGLASSES

5



SLOP ON SUNSCREEN

Choose 'broad spectrum' with 30+ SPF on the label. Re-apply every 2 hours, including your neck, ears and lips!