Follow the tips below whenever the UV level is 3 or above.

Slip, slop, slap...plus seek and slide!

- **Slip** on sun-safe clothing, such as longer-style shorts and skirts; t-shirts and dresses with sleeves, collars or covered necklines.
- **Slop** on SPF 30+ broad-spectrum water-resistant sunscreen. Reapply every 2 hours, or more often if washed off or swimming.
- **Slap** on a wide-brimmed or bucket hat that protects the face, neck and ears.
- **Seek** out shady areas, but still use sun-safe hats, clothing and sunscreen.
- **Slide** on sunnies that meet the Australian Standard 1067.

Walking the talk!

As a parent, carer or educator it’s important you protect your own skin and role model good sun protection for your children. A handy tip is to keep a broad-brimmed hat and sunscreen in your bag, car or classroom.

**Brims are best**

Sun-safe hats, such as bucket, broad-brimmed or legionnaire styles are best. Baseball caps are a popular fashion item, but they don't protect the neck, ears and cheeks. Try keeping them for indoor activities and always wear sun-safe hats when outside.

The facts about sunscreen

There is clear evidence that sunscreen helps protect against skin cancer, and no evidence of harmful effects of regular use. But, sunscreen does not give complete protection and should always be used with sun-safe hats, clothing and shade. Skin irritation or allergic reactions can happen so look for sunscreens made for children or for sensitive skin.

Want to know more? Check out www.cancercouncil.com.au/sunsmart
Or call Cancer Council Helpline on 13 11 20