






The Sun Smart Code

It is easy to follow

	<p>Cover Up</p> <p>Wear a shirt with a collar and long shorts.</p> <p>Wear a hat that gives shade to your face, neck and ears.</p>
	<p>Seek Shade</p> <p>When UV rays are at their strongest between 11am and 3pm.</p>
	<p>Sunglasses</p> <p>Wear wrap around sunglasses if possible</p> <p>Make sure they give UV protection.</p>
	<p>Slop on Suncream</p> <p>Use sunscreen with SPF 15 or higher and UVA protection 20 minutes before going outside .</p> <p>Re-apply every 2 hours, more often if swimming</p>
	<p>Choice of Drinks</p> <p>Drink plenty of cold and warm drinks throughout the day.</p>