

## PUBLIC HEALTH FACT SHEET

No. 109

### *SUN PROTECTION*

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- SLIP on a shirt and other clothing that covers up the skin.
- SLOP on some sunscreen that is labelled SPF15 or higher, broad spectrum and water-resistant (make sure you reapply every two hours).
- SLAP on a hat with a wide brim, or a cap with flaps to shade the neck and ears.
- WEAR sunglasses in a close-fitting, wrap around style that meets the Australian Standard.
- PLAN outdoor activities before 11 am and after 3pm.
- ENCOURAGE your child to play in the shade.

fact sheet