



Welcome to term 4! As we approach the warmer weather it is important to protect our skin against the harmful effects of the sun's UV.

We cannot feel the UV from the sun, for this reason it is important to slip, slop, slap, seek and slide at all times when the UV is 3 and above!

How do I know when the UV is 3 or above? Download the free SunSmart app to your phone today!

1. SLIP on some sun-protective clothing – that covers as much skin as possible.
2. SLOP on broad spectrum, water resistant SPF30+ (or greater) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. SLAP on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.
4. SEEK shade.
5. SLIDE on some sunglasses – make sure they meet Australian Standards.

Have a wonderful summer!!