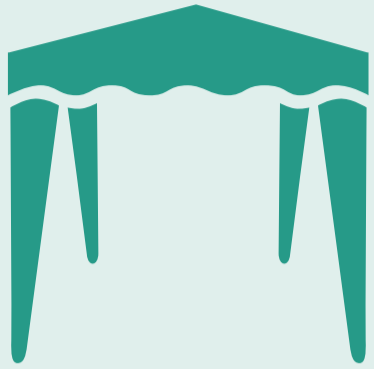
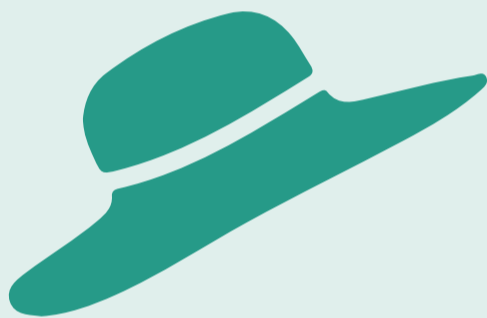


5 WAYS TO STAY SUN-SAFE



1. **Seek shade**, especially in the hottest part of the day.

2. **Wear sun-protective clothing** that covers your back, shoulders, arms and legs.



3. **Wear a broad-brimmed hat.** A brim protects your ears and neck more than a cap.

4. **Wear wrap-around sunglasses.** Check the label to ensure they meet the Australian standard (Category 2, 3 or 4).



5. **Apply a broad-spectrum sunscreen (SPF 50+)** Apply 20 minutes before going outside. Reapply every 2 hours and after swimming or exercise.

