



Sun Safety Tips

Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.

No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.

