

Key messages

Five forms of sun protection

When the UV Index is 3 or above, use all five forms of sun protection:



Slip

Slip on clothing that covers as much skin as possible



Slop

Slop on SPF50 or SPF50+ sunscreen



Slap

Slap on a broad-brimmed, bucket or legionnaire-style hat that protects your face, head, neck and ears



Seek

Seek shade when you can, especially when spending time outdoors



Slide

Slide on sunglasses to help protect your eyes from UV

Be SunSmart all year round

- Sun protection isn't just for summer
- In NSW, UV levels are 3 and above for most or all of the year, even on cool or cloudy days
- Building SunSmart habits all year round helps make sun protection part of everyday life

Know your UV

- You can't see or feel UV, and temperature isn't a reliable guide to UV levels
- When the UV Index is 3 or above, sun protection is needed
- Checking the UV Index each day helps you know when you need to protect yourself from UV

Be SunSmart at school

- Schools play an important role in helping protect students from UV and build good sun protection habits
- Learning about sun safety, having sun protection rules and creating sun-safe spaces can help make sun protection a normal part of everyday school life

Build SunSmart habits for life

- Being SunSmart is about building good habits you can use at school and wherever you go
- Learning about UV, checking the UV Index and knowing how to protect yourself can help make sun protection a normal part of everyday life
- Good SunSmart habits can help protect your skin now and into the future

