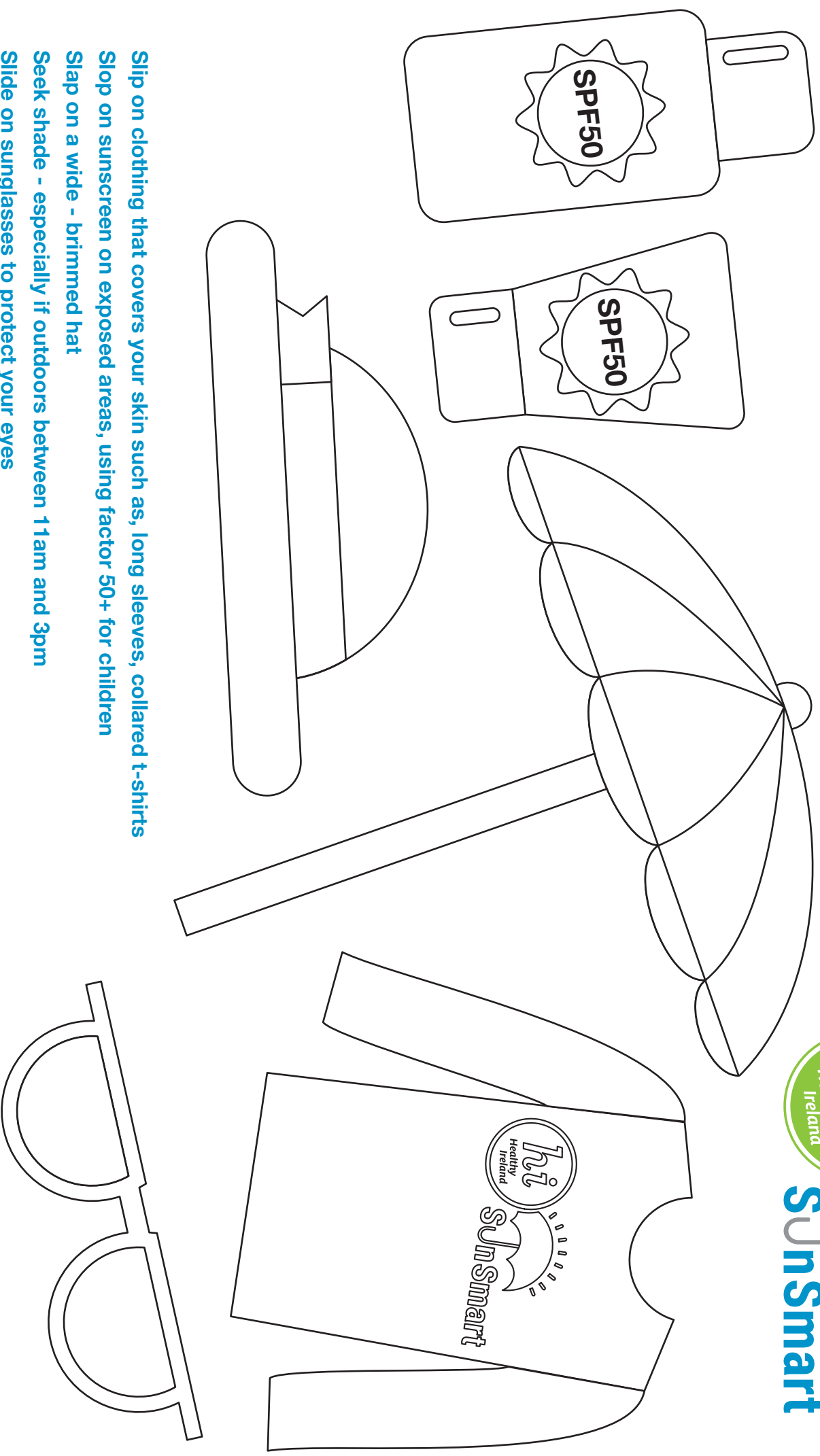


Colour in the SunSmart picture



Slip on clothing that covers your skin such as, long sleeves, collared t-shirts

Slop on sunscreen on exposed areas, using factor 50+ for children

Slap on a wide - brimmed hat

Seek shade - especially if outdoors between 11am and 3pm

Slide on sunglasses to protect your eyes

