

Are you SunSmart?

Unprotected skin can be damaged most months of the year.

Protect your skin in five ways when UV is 3 and above:



Slip on clothes that cover your arms and legs



Slop on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



Slap on a broad brimmed hat or one that covers the head, face, neck and ears



Seek shade, particularly over the middle part of the day when UV is highest



Slide on close fitting sunglasses



Download the free
SunSmart app today!



**Cancer
Council**

Look after yourself in the heat.

When outside in the sun for long periods of time, look after yourself. You should:



Drink plenty of fluids the day before and on the day of an event. Aim for 250ml water, eight times a day, or more if you are sweating



Wear loose fitting, light weight clothing



Take regular breaks in the shade and use a wet sports towel to cool you down



Avoid alcohol and very sugary drinks and limit caffeine consumption



Be aware that certain medications and medical conditions can affect your ability to stay hydrated and keep cool

Let someone know if you don't feel well!

Remember, it is important to know the signs of heat stress. Keep an eye out for the following signs: cool, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, fatigue, weak and rapid pulse, low blood pressure when standing, and muscle or abdominal cramps.