

The simplest way

... to use shade

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75%!



When outside, ENCOURAGE children to play under:

- Trees
- Tents
- Shade sails

Shade is just one part of sun protection! Remember to use SunSmart hats, clothing, sunglasses, and to apply sunscreen.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au