

Sun protection tips for early childhood centres

Smooth on a thick layer of SPF 30+ sunscreen onto the skin 20 minutes before going out into the sun and reapply every two hours.

Stay in the shade as much as possible between 11.00am and 3.00pm. (Daylight savings time)

The Cancer Council Tasmania recommends you:-

- Stay in the shade between 10 and 3
- Slip on a sleeved shirt,
- Slop on some SPF30+broad-spectrum sunscreen
- Slap on a broad brimmed hat
- Wrap on some sunglasses

A tan doesn't last but sun damage does!

Unprotected skin will burn in as little as 10 – 15 minutes so be SunSmart and Slip! Slop! Slap!

UV rays will reflect off grass, water and paving, so you may need sun protection even in the shade.

Wear a broad-brimmed or legionnaire style hat to protect the face, ears and back of the neck.

Stay out of the sun as much as possible between 11.00am & 3.00pm

3.00pm and wear protective clothing. Use sunscreen with clothing, not as a substitute for covering up.

Don't be fooled by the cool weather, UV can still be high on cooler days so Slip! Slop! Slap! In Terms 1 & 3

UV rays can still be very high when there is cloud cover...Remember to wear sun protection even when it is cloudy.

Sunburn is a sign that your skin has had an overdose of UV.

There is no such thing as wind burn, last time you thought you had wind burn, you were actually sunburnt.

There's no such thing as a safe tan...a tan is a sign of skin damage.

Be wise and wear wrap around "sunnies" to protect your eyes.