

# 5 WAYS TO STAY SUN-SAFE

When UV index is 3 and above you need to protect your skin

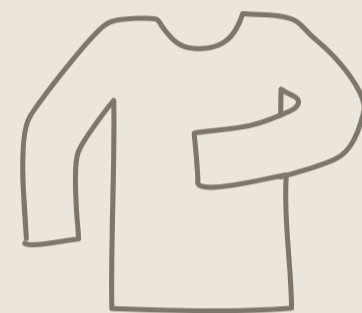


1. **Seek shade**, especially in the hottest part of the day.

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Wear **sun-protective clothing** that covers your back, shoulders, arms and legs.

2.



3. Wear a **broad-brimmed hat**.  
Our GAME ON MOLE hat fits the bill.

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Wear wrap-around **sunglasses**.  
Buy sunnies that meet the Australian Standard (category 2, 3, or 4)

4.



5. **Apply a broad-spectrum sunscreen (SPF 50+)**.  
Apply 20 minutes before going outside. Reapply every 2 hours and after swimming or exercise.

