

# THE Outside



1. Slip ON SUN PROTECTIVE CLOTHING



2. Slap ON SPF 30+ BROAD SPECTRUM SUNSCREEN



3. Slap ON A SUN PROTECTIVE HAT



4. Seek SHADE



5. Slide ON SOME SUNGLASSES

From September to April, use a combination of these five sun protection measures to keep children's skin well protected. Particular care should be taken between 10am–2pm (11am–3pm daylight saving time) when UV Index levels reach their peak.