



How can you protect yourself from the sun?

Protecting ourselves from the sun is crucial to prevent skin and eye damage, reduce the risk of skin cancer, and maintain overall skin health. Here are a few tips to protect yourself from the sun.



Limit sun exposure during midday hours.



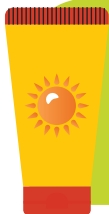
Seek shade whenever it's available.



Wear protective clothing and a wide-brimmed hat. If you're wearing thin or sheer clothing, you'll need to wear sunscreen underneath your clothes, too.



Protect your eyes with good-quality sunglasses (preferably ones with a wrap-around design).



Apply (and reapply every two hours) broad-spectrum sunscreen with an SPF of 30 or higher, to all exposed skin. Make sure it's within its expiry date.



Toll-free: **0800 111 011**

Request a call back: ***134*905#**

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