



When you head out for your Dip this Daffodil Day, be sure to use all five forms of sun protection when UV 3 and above.



Slip

Wear protective clothing. If the fabric doesn't let much light through, it won't let much UV through either. The more skin you cover, the more protected you are from the sun's harmful UV.



Slop

Applying SPF50 or 50+ sunscreen to any parts of your body not covered by clothing or a hat. Remember to apply sunscreen at least 20 minutes before you head outside and reapply every two hours, especially when swimming!



Slap

Wear a wide brim, legionnaire or bucket hat before and after your Dip to protect your skin and eyes.



Seek

When you're enjoying the great outdoors before or after your Dip, be sure to stay in the shade where you can. Shade places an extra barrier between you and the sun.



Slide

Wear sunglasses that are labelled with UV protection and cover your eyes fully to protect them from all angles.

Before and after your Dip, don't forget to use sun protection

