



SUN SCREEN

Advice from Choice magazine about sunscreen

For babies:

- Don't keep babies in the sun. Keep them in the shade when you can.
- If it's impossible to avoid the sun, make sure they are only exposed for a few minutes.
- If you can't cover your baby with clothing when they are in the sun, use sunscreen designed for sensitive skin or for children, and only apply it to small areas that aren't covered. Be sure to do a patch test first if it's a brand you haven't used before.
- Be prepared when you go out – carry suitable clothing, hats and sunscreen so you aren't caught out.
- Role-model the behaviour – kids and even babies are more likely to be happy to wear sun-safe clothing and hats if you do.

For all of us:

- Put on sunscreen 15–20 minutes before going outside.
- Make sure you use enough sunscreen – you need at least a teaspoon (5mL) for each leg, arm, your back etc. and more if you're bigger.
- If you're sweating heavily or rubbing your face, you'll need to reapply every two hours. And reapply if you've been in the water.