



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

A large, stylized sun with orange and yellow rays and a green and yellow umbrella above it. The sun is the central focus of the left side of the image.

**BE SUN
SMART**

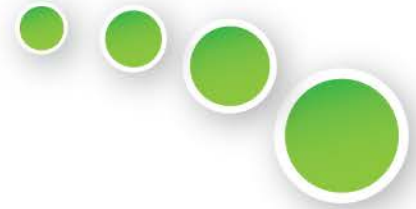
***Avoid direct
sunlight***

***between 10am & 3pm.
Stay in the shade or
under an umbrella
as much as possible***



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**BE SUN
SMART**

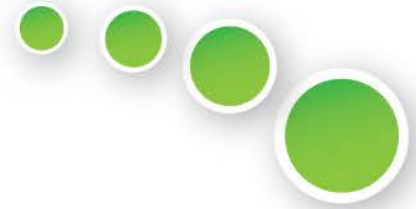
***Wear protective
clothing;
wide brimmed hats
& UV protective
clothes/swimsuits***





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SUN
SCREEN



**BE SUN
SMART**

*Always apply
sunscreen*

*regularly (SPF of 20 -50)
according to skin type*



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**BE SUN
SMART**

***Wear
sunglasses***

*with a UV protection
rating of **UV400***