

# How SunSmart is this Australian Open Tennis crowd?



These people are all sitting under the shade of the grand stand at the Australian Open Tennis but are they all fully SunSmart? Even in the shade, we still need to do four more things to make sure we are well protected from the sun.

Do you know about the 5 **SunSmart Countdown** steps?

Can you find the person who is doing all 5 things to keep well protected from the sun?

Make everyone in the crowd SunSmart by drawing on hats, sunglasses, longer sleeved tops with collars and sunscreen.

To be protected from the sun, whenever you are outside from September to April, use the 5 **SunSmart Countdown** steps. These are:

5. *Slip* on a shirt and wear c\_\_th\_\_ that covers as much skin as possible.
4. *Slop* on SPF 30+ broad-spectrum \_\_\_\_ s \_\_\_\_ n.
3. *Slap* on a wide brimmed, legionnaire or bucket \_\_\_\_
2. **Seek SHADE.**
1. *Slide* on some wrap-around sun \_\_\_\_ e \_\_\_\_.

