

Are you SunSmart?

Protect your skin in five ways when UV is 3 and above:



Slip on clothes that cover your arms and legs



Slop on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



Slap on a broad brimmed hat or one that covers the head, face, neck and ears



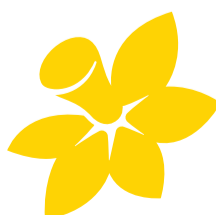
Seek shade, particularly over the middle part of the day when UV is highest



Slide on close fitting sunglasses



Access the daily sun protection times via the free **SunSmart app**, or at sunsmart.org.au



Cancer Council