

When UV levels are 3 or above, Protect your skin in five ways.



Slip on clothes that cover your arms and legs



Slop on SPF 50+, 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



Download the SunSmart Global UV app today to check daily UV levels.



**Cancer
Council**