

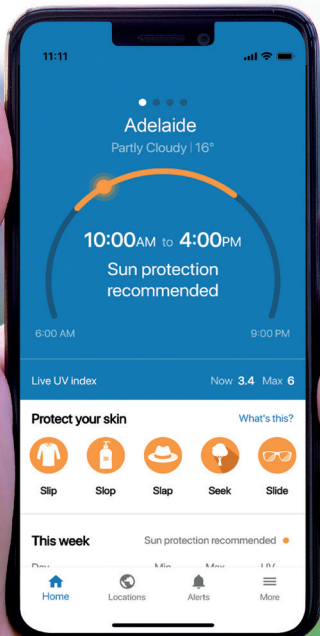
SunSmart on the go.

You spend more time in the sun than you think.

Anywhere you go, UV from the sun will damage unprotected skin. The more time you spend unprotected in the sun, the greater the **risk of skin cancer**.

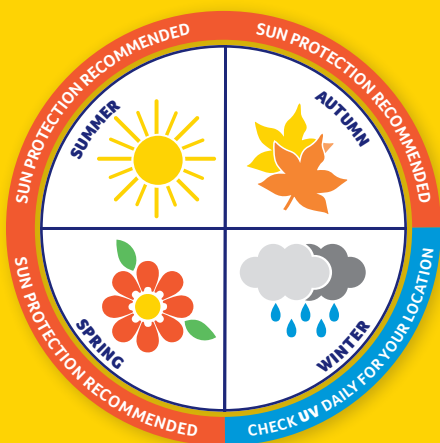


Download the **FREE SunSmart Global UV app** to know when sun protection is recommended for your location.



Think UV, not heat.

Check the UV regardless of the season—the UV can damage your skin, even on cool or cloudy days.



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



Slip on sun protective clothing that covers as much skin as possible



Slop on SPF 50 or 50+ sunscreen 20 minutes before going outdoors 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, wrap-around sunglasses

See sunsmart.org.au for more information.