SunSmart UV Alert
a guide for when to use sun protection

Think UV not heat!

Check the SunSmart UV Alert daily for local sun protection times anywhere in Australia.

The sun’s ultraviolet (UV) radiation is the major cause of skin cancer and the best natural source of vitamin D.

UV can’t be seen or felt and can be damaging even on cool or cloudy days.

The sun protection times indicate when the UV is forecast to reach 3 and above – the level that can damage skin and eyes and increase your risk of skin cancer.

Find the SunSmart UV Alert online, in newspapers or on the free SunSmart iPhone and Android apps.

Protect yourself in 5 ways

Slip Slop Slap Seek Slide

Sun protection at any age is important

When the UV is below 3, sun protection is not usually required unless you are near highly reflective surfaces such as snow or spending most of the day in the sun.

For further information call 13 11 20 or visit sunsmart.com.au

www.cancersa.org.au