

# 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 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 sunglasses



Access the daily sun protection times via the free **SunSmart Global UV app**, or at [sunsmart.org.au](https://sunsmart.org.au)