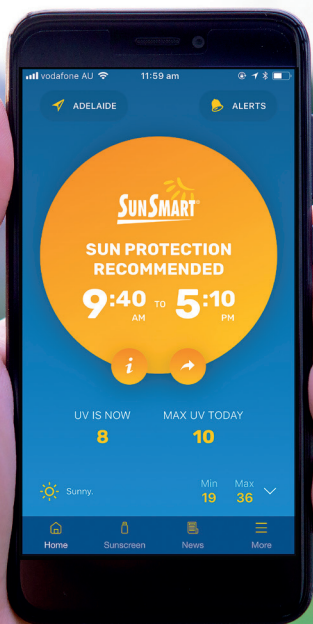


SunSmart on the go.

You spend more time in the sun than you think.

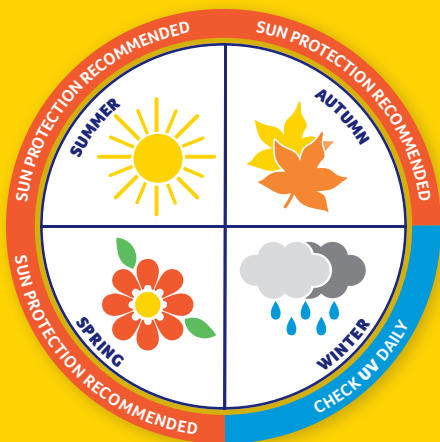
Anywhere you go, UV from the sun will damage unprotected skin. The more time you spend unprotected in the sun, the greater your risk of skin cancer **because it all adds up.**

Download the **FREE SunSmart app** to access the daily sun protection times for locations in Australia.



Think UV, not heat.

Check the UV regardless of the season—it doesn't have to be hot for UV to damage your skin.



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

See sunsmart.org.au for more.



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