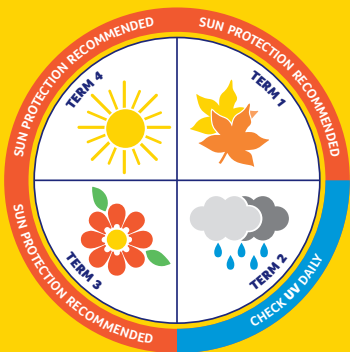


Think UV, not heat.

**Be SunSmart when
UV is 3 and above.**



The sun's ultraviolet (UV) radiation is a major cause of skin cancer.

UV cannot be seen like sunlight or felt like heat which we feel on our skin. UV can damage our skin even on cool or cloudy days.

The daily sun protection times tell you when the UV is forecast to be 3 and above - that's the time to be **SunSmart**.

Access the daily sun protection times via the free **SunSmart Global UV app**, or at **sunsmart.org.au**.



**Cancer
Council**
SA

Be SunSmart when UV is 3 and above.

DID YOU KNOW?

UV radiation from the sun:

- damages our skin, increasing chances of skin cancer
- cannot be seen or felt
- is not related to temperature
- can be high even on cool and cloudy days
- can pass through clouds
- can pass through loosely woven materials
- can bounce off reflective surfaces such as white paint, concrete, water and sand.



Access the daily sun protection times via the free **SunSmart Global UV app**, or at **sunsmart.org.au**.

