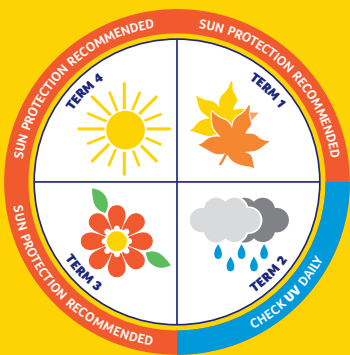


# Think UV, not heat.

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 or felt and can damage you, even on cool or cloudy days.

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

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



**Cancer  
Council**  
SA

# Be SunSmart when UV is 3 and above.

## DID YOU KNOW?

UV radiation from the sun:

- causes 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.



SLIP



SLOP



SLAP



SEEK



SLIDE

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

**SUNSMART**<sup>®</sup>