

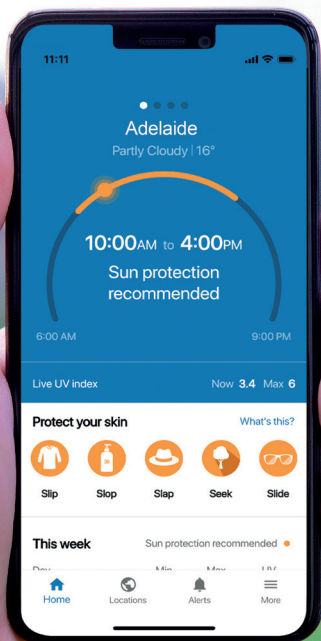


# SunSmart on the go.

**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 the **risk of skin cancer** because it all adds up.

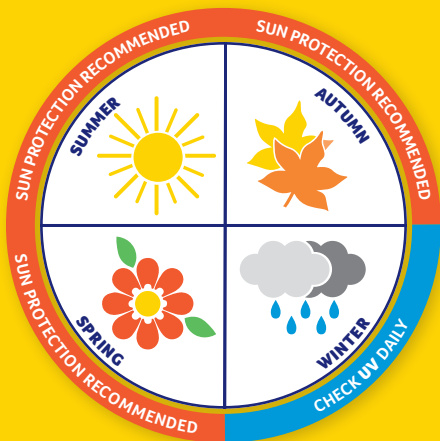
Download the **FREE SunSmart Global UV app** to access the daily local sun protection times from anywhere in the world.



[cancersa.org.au/sunsmart-app](https://cancersa.org.au/sunsmart-app)

# 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](https://sunsmart.org.au) for more.



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