

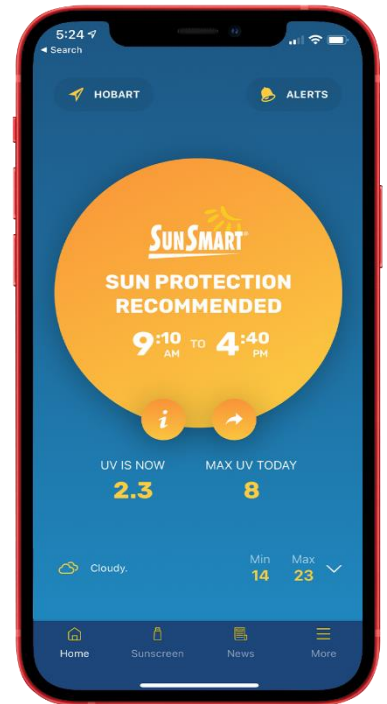
It's time to be SunSmart!

The UV is now 3 and above (skin damaging levels) each day so we need to be using sun protection every day from the beginning of September through to the end of April.

Protect your skin in 5 ways:



- **Slip:** on clothing that covers as much skin as possible.
- **Slop:** on sunscreen at least 20 minutes before going outdoors and reapply at least every 2 hours.
- **Slap:** on a hat that protects your face, neck and ears.
- **Seek shade:** especially in the middle of the day during peak UV.
- **Slide:** on sunglasses that are close-fitting, wrap-around and polarised.



Download the free SunSmart App

Everyone can experience barriers when making changes to their lifestyle and it can take some time for new habits to stick. Making sun protection part of your daily routine will make it easier to remember. For further information about being SunSmart or our SunSmart Schools and Early Learning Program call us on 1300 65 65 85 or email sunsmart@cancertas.org.au.