

UV
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When UV is 3 or above Be SunSmart

Visit myUV.com.au
for your UV forecast.

Remember to:



Slip

on sun
protective
clothing



Slop

on SPF 30
sunscreen
or higher



Slap

on a broad-
brimmed or
bucket hat



Seek

shade



Slide

on some
wrap-around
sunglasses



The higher the UV, the
greater your chances of
getting sunburnt and skin
cancer.

Make the most of your day
by using the UV index.

Visit myUV.com.au and
download the app.

SUNSMART
®


healthway