

Being SunSmart in Victoria



When **UV** is **3+**



Slip on covering clothing



Slop on SPF50, broad-spectrum, water-resistant sunscreen



Slap on a broad-brimmed hat



Seek shade



Slide on sunglasses (AS:1067)

Think **UV**, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

When **UV** is below **3**

Sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow.

Download the **SunSmart Global UV app** to find sun protection times for your location.



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Scan the QR code or visit sunsmart.com.au/app to download.

