

SunSmart UV Alert

a guide for when to use
sun protection



Think UV not heat!

Check the **SunSmart UV Alert** **daily** for local sun protection times anywhere in Australia.

The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best natural source of vitamin D.

UV can't be seen or felt and can be damaging even on cool or cloudy days.

The sun protection times indicate when the UV is forecast to reach 3 and above – the level that can damage skin and eyes, increasing the risk of skin cancer.



SunSmart app
for smartphone
and tablets

Find the **SunSmart UV Alert** online, in newspapers or on the free SunSmart app for smartphone and tablet devices.

Protect yourself in five ways



Sun protection is important at every age

When the UV is below 3, sun protection is not usually required unless you are near highly reflective surfaces such as snow or outside for extended periods.

For more information visit sunsmart.com.au



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