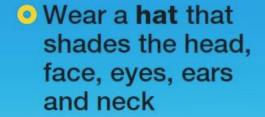
COOLS CLOUDYS HOTS SUNNYS

Whatever the weather, use the 5 SunSmart steps to protect your skin and eyes. Check the SunSmart app each day to see the times you need to use sun protection.

- Wear clothing that covers your skin
- Use SPF 30
 (or higher)
 broad-spectrum,
 water-resistant
 sunscreen
 every 2 hours





Wear sunglasses labelled AS 1067



SunSmart is a Cancer Council Victoria program supported by VicHealth. For more information sunsmart.com.au/parents or call 13 11 20

