

# Are you SunSmart?

**Unprotected skin can be damaged most months of the year in NSW.**

Protect your skin in five ways when UV is 3 and above:



**Slip** on clothes that cover your arms and legs



**Slop** on SPF 50 or 50+, broad spectrum, water resistant sunscreen and reapply at least every two hours



**Slap** on a broad brimmed hat or one that covers the head, face, neck and ears



**Seek** shade, particularly over the middle part of the day when UV is highest



**Slide** on close fitting sunglasses



**Download the free SunSmart Global UV app today!**



**Cancer Council**