

SUNSMART[®]

UV ALERT

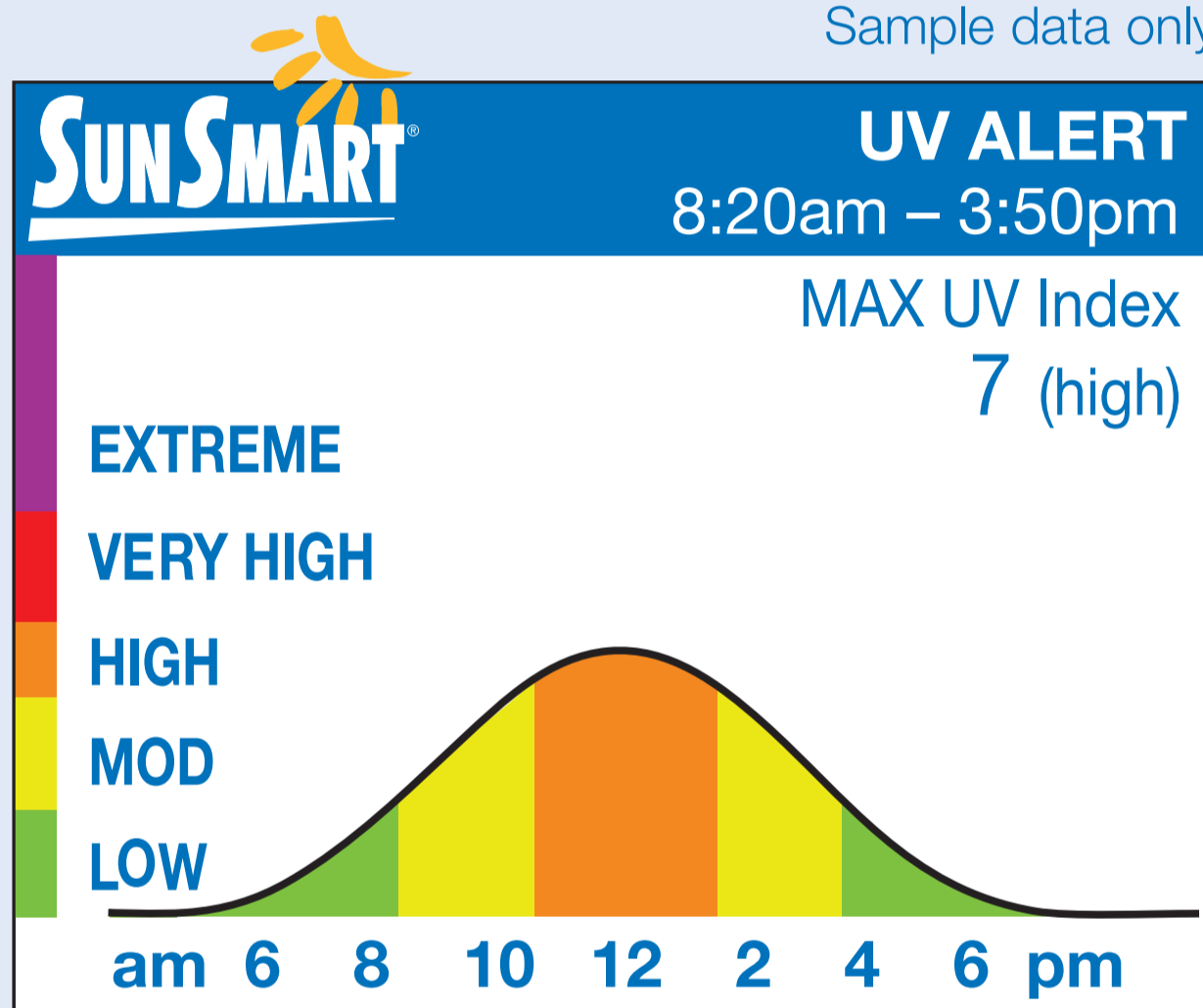
YOUR DAILY GUIDE TO SUN PROTECTION

How to read the Alert

UV Index ranges from:

- Low (0-2)
- Moderate (3-5)
- High (6-7)
- Very High (8-10)
- Extreme (11+)

Indicates the time of day.



This shows the time period you need to be SunSmart on this day - from 8.20am - 3.50pm.

The maximum UV Index level on this day is forecast to be 7, which is high.

Issued by the Bureau of Meteorology

How to be SunSmart

Step 1



Step 2



Step 3



Step 4



Step 5



For more information on skin cancer prevention, visit www.cancer.org.au/sunsmart or call 13 11 20.

Look for the SunSmart UV Alert on the weather page of your local daily newspaper or go to www.bom.gov.au/weather/uv