COOL? CLOUDY? HOT? SUNNY?

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 a hat that shades the head, face, eyes, ears and neck
- Use shade
- 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