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