

Being SunSmart in Victoria



When UV is 3+



Slip on covering clothing



Slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen



Slap on a broad-brimmed hat



Seek shade



Slide on sunglasses (AS:1067)

Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

When UV is below 3

Sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow.

Download the SunSmart app

to find sun protection times for your location in Australia.



sunsmart.com.au/app

