

Being SunSmart in Victoria



When UV is 3+



Slip on covering clothing



Slop on SPF50, 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 Global UV app to find sun protection times for your location.

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Scan the QR code or visit sunsmart.com.au/app to download.

