

COOL? CLOUDY? HOT? SUNNY?

Whatever the weather, use the 5 SunSmart steps from September to the end of April.
Check the SunSmart app for daily sun protection times.

SLIP

on clothing that covers your skin.

SLOP

on SPF 30 or higher broad spectrum sunscreen every 2 hours.



SLAP

on a hat that shades the head, face, eyes, ears and neck.

SEEK

shade.

SLIDE

on sunglasses labelled AS1067.

sunsmart.com.au/parents or call 13 11 20 for more information

SunSmart is a Cancer Council Victoria program supported by VicHealth

SUNSMART