

# 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](http://sunsmart.com.au/parents) or call 13 11 20 for more information  
SunSmart is a Cancer Council Victoria program supported by VicHealth.

**SUNSMART**<sup>®</sup>