

# COOL? CLOUDY? HOT? SUNNY?

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](http://sunsmart.com.au/parents)  
or call 13 11 20

