

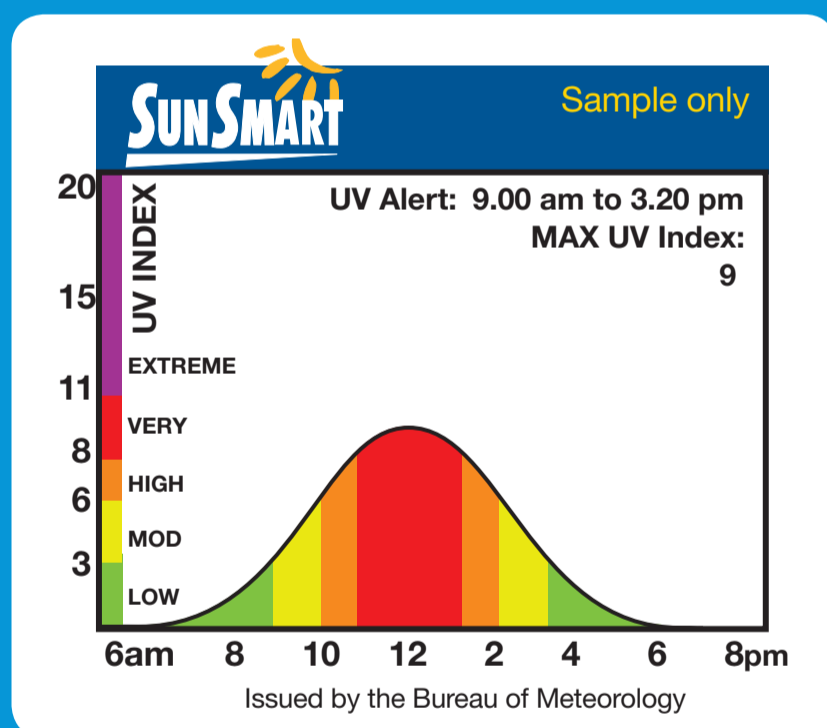
Check the SunSmart UV Alert every day

The easy way to stay safe from the sun

Ultraviolet (UV) radiation from the sun causes most skin cancers.

You can reduce your risk of skin cancer by protecting yourself when the sun's rays are strong enough to damage your skin – UV Index 3 or above.

You can't see or feel when UV levels are high, but you can check the SunSmart UV Alert.



How to read the UV Alert:

The **UV Alert** (above) identifies the hours of the day when the **UV Index** will be **3 or above**. The higher the UV Index, the more you need to protect your skin from the sun (see right). Remember, you need to check the UV Alert every day.

The SunSmart UV Alert is in daily newspaper weather forecasts or go to www.cancercouncil.com.au/sunsmart

UV INDEX

11+

EXTREME

Extra protection.

Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.

8-10

VERY HIGH

Extra protection.

Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.

6-7

HIGH

Protection required.

Seek shade during midday hours. Slip on a shirt, slop on sunscreen and slap on a hat.

3-5

MODERATE

Protection required.

Seek shade during midday hours. Slip on a shirt, slop on sunscreen and slap on a hat.

1-2

LOW

No protection required.

Most people can safely stay outside.

For more information call the Cancer Council Helpline 13 11 20