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