Why do I need to be SunSmart?
Protect against Ultraviolet (UV) Radiation

UV ➔ invisible & cannot be felt

Visible light

Infrared ➔ temperature
Slip on sun protective clothing
Slop on SPF 30+ sunscreen
How does sunscreen work?

- Zinc barrier
- Filter
Broad-spectrum
Slap on a hat

Bucket

Legionnaire

Broad Brimmed
Seek shade
Slide on some sunglasses
Be careful!
One more thing to do – Check the SunSmart UV Alert

<table>
<thead>
<tr>
<th>UV Index</th>
<th>Protection Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>11+</td>
<td>EXTREME Extra protection.</td>
</tr>
<tr>
<td>8-10</td>
<td>VERY HIGH Extra protection.</td>
</tr>
<tr>
<td>6-7</td>
<td>HIGH Protection required.</td>
</tr>
<tr>
<td>3-5</td>
<td>MODERATE Protection required.</td>
</tr>
<tr>
<td>1-2</td>
<td>LOW No protection required.</td>
</tr>
</tbody>
</table>

**How to read the SunSmart UV Alert**

This shows the time period you need to be SunSmart on this day: from 9am – 3.20pm.

UV Index ranges from:
- Extreme (11+)
- Very high (8–10)
- High (6–7)
- Moderate (3–5)
- Low (0–2)

The maximum UV index level for this day is forecast to be 9, which is very high.

The varying levels of UV expected at different times of the day are displayed along the bottom of the graph.

Issued by the Bureau of Meteorology.
Keys to sun protection

Slip

Slop

Slap

Seek

Slide
Living safely with the Australian sun
Being SunSmart


*Picture references: Queensland Health; javadrink.blogspot.com; highwaymunky.wordpress.com; Howstuffworks; open.salon.com/blog/sandra_no_longer_miller; teenbeauty.com; settleman.wordpress.com; http://www.freefoto.com; telegraph.co.uk*