

# How to tee up better sun protection

UV radiation does damage when levels are 3 or higher which – across NSW – is on most days of the year.

**Use the SunSmart app to quickly and easily see daily sun protection times in your area.**



*“Look out for yourself and your mates, and reduce your risk of melanoma.”*

Paul Gow, Professional Golfer and Improve your long game Ambassador



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**Cancer Council**  
Improve your long game