

# The simplest way

... to be SunSmart this summer.

Consider UV levels when planning your summer activities.

**When UV is 3 or above you need to PROTECT your skin in 5 ways:**

- **Slip** on sun-protective clothing
- **Slop** on SPF 30 sunscreen or higher
- **Slap** on a broad-brimmed, bucket or legionnaire hat
- **Seek** shade
- **Slide** on some wrap-around sunglasses



Download the free SunSmart app to know what the UV levels are in your location to help plan your summer fun.

**SunSmart App is available on  
the App Store and Google Play**

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)