

Be **SUNSMART**[®]

Visit www.bom.gov.au/weather/uv/ to view the SunSmart UV Alert and to find out when sun protection is recommended in Canberra each day
For further information visit www.actcancer.org

today from:

to:

Today's date:

Max UV today:

Slip



Slop



Slap



Seek



Slide



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

Minimise outdoor activities and events between 11am and 3pm during summer/daylight savings.