

Be **SUNSMART**[®]

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

today from:

to:

Today's date:
Max UV today:

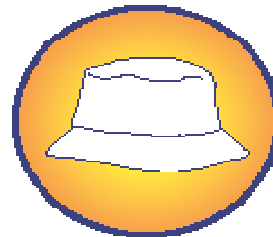
Slip



Slop



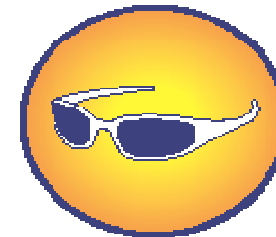
Slap



Seek



Slide



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

Remember to take extra care between 10am and 3pm when daily UV levels are at their strongest