

Today's sun protection times



Date _____

from _____ to _____

Protect yourself in five ways from skin cancer



Slip



Slop



Slap



Seek



Slide

Daily sun protection times (issued when the UV index is forecast to be 3 and above) can be found on the SunSmart app, online at [sunsmart.com.au](https://www.sunsmart.com.au) or in daily newspapers.

