

Be **SUNSMART** today

Today's date:
Max UV today:

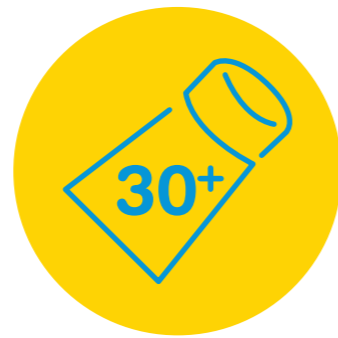
PLEASE LAMINATE ME FIRST

From: to:

Slip



Slop



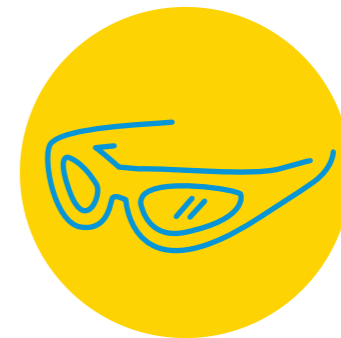
Slap



Seek



Slide



Protect yourself in five ways from skin cancer

Remember to minimise outdoor activities, when possible,
between 11am and 3pm during summer/daylight savings.

Visit www.bom.gov.au/nsw/uv/canberra.shtml 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 or call Cancer Council Helpline 13 11 20

