

SunSmart UV Alert

a guide for when to use
sun protection



Think UV not heat!

In Queensland, sun protection is required all year round.

Check the SunSmart UV Alert daily for local sun protection times anywhere in Australia.

The sun's ultraviolet (UV) radiation is the major cause of skin cancer.

UV and temperature are not the same. UV is an invisible source of radiation that can't be seen or felt and can damage your skin even on cool or cloudy days.

The sun protection times indicate when the UV is forecast to reach 3 (moderate) or above – the level that can damage skin and eyes and increase your risk of skin cancer.

In Queensland, UV levels are 3 or above all year round, therefore sun protection is required daily. Don't let cooler temperatures fool you – Think UV not heat.



SunSmart app for Android and iPhone

Find the **SunSmart UV Alert** online, in newspapers or on the free SunSmart app.

Protect yourself in five ways

Slip



Slop



Slap



Seek



Slide



**Sun protection at any age is important.
Be extra cautious in the middle of the day, when
UV levels are more intense.**

For further information call **13 11 20** or visit cancerqld.org.au

UV Alert

Brisbane 18 March

Sun protection required:
8:30 am to 3:30 pm
Max UV: 10
See today's UV graph

27° 19°

Partly sunny

Your location
Add this to your website

Website
widget



Australian Government
Bureau of Meteorology



Cancer
Council
Queensland