



SUNSMART



1-2 LOW
Low protection required.
You can safely stay outside.

3-5 MODERATE
Protection required when spending long periods in the sun.

6-7 HIGH
Protection essential. Slip, Slop, Slap and Wrap.

8-10 VERY HIGH
Seek shade. Slip, Slop, Slap and Wrap. Re-apply sunscreen regularly.

11+ EXTREME
Reschedule outdoor activities for early morning & evening. Full protection essential

The UV Index is an international, scientific measure of the level of Ultraviolet radiation from the sun. The higher the level, the greater the risk of skin damage.