

SUNSMART[®]

UV ALERT

YOUR DAILY GUIDE TO SUN PROTECTION

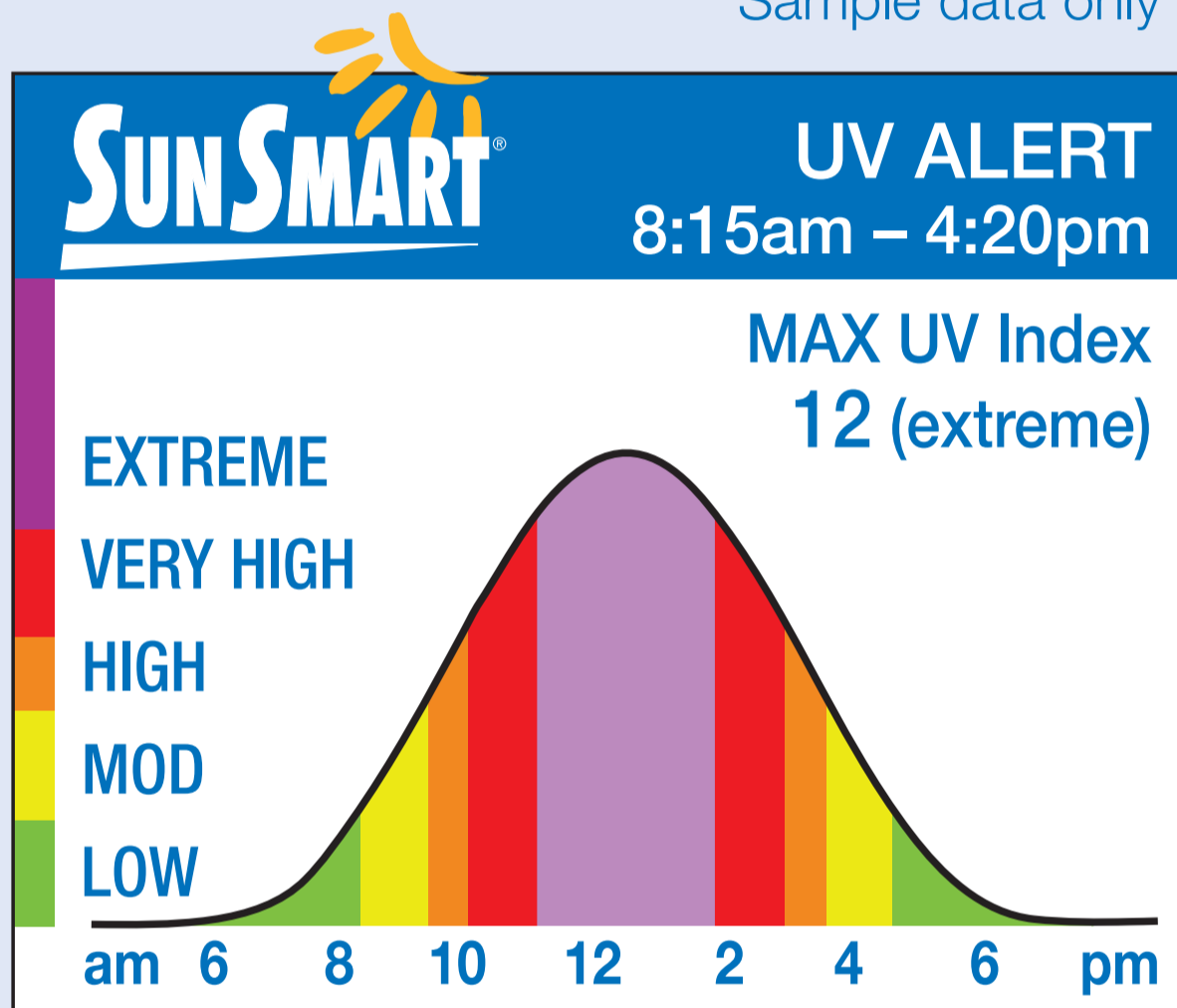
How to read the Alert

Sample data only

This shows the time period you need to be SunSmart on this day - from 8.15am - 4.20pm.

UV Index ranges from:

- Low (0-2)
- Moderate (3-5)
- High (6-7)
- Very High (8-10)
- Extreme (11+)



The maximum UV Index level on this day is forecast to be 12, which is extreme.

Indicates the time of day.

How to be SunSmart

Step 1



Step 2



Step 3



Step 4



Step 5



For more information on skin cancer prevention, visit www.sunsmart.com.au or call 13 11 20. Look for the SunSmart UV Alert on the weather page of your local daily newspaper or go to www.bom.gov.au and do a search for UV Alert.