



**SID SEAGULL  
SAYS,**

**"BE SUNSMART  
TODAY BETWEEN  
\_\_\_\_\_ AND \_\_\_\_\_!"**



When the UV Index is 3 or above, be SunSmart. Find daily sun protection times on the SunSmart Global UV app or online at [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au)

Adapted from Cancer Council Victoria

