

PROTECTION IS BETTER THAN THE CURE. BE SUNSMART



Like to get a tan? All you're really doing is damaging your skin and increasing your risk of getting skin cancer. Your skin will stay looking young and healthy much longer if you don't get a tan.

A tan from a solarium (or sunbed) isn't safe either – in fact, solariums emit UV radiation levels three to six times stronger than the midday summer sun. Commercial solariums are banned in Australia.

Don't Cook for Looks.

RADIATION

FAST FACTS

from skin cancer than traffic accidents in Australia.

Australian adolescents have one of the highest rates of melanoma in the world compared with adolescents in other countries.

Melanoma is the most dangerous type of skin cancer .

You can get sunburnt in as little as 10 minutes.

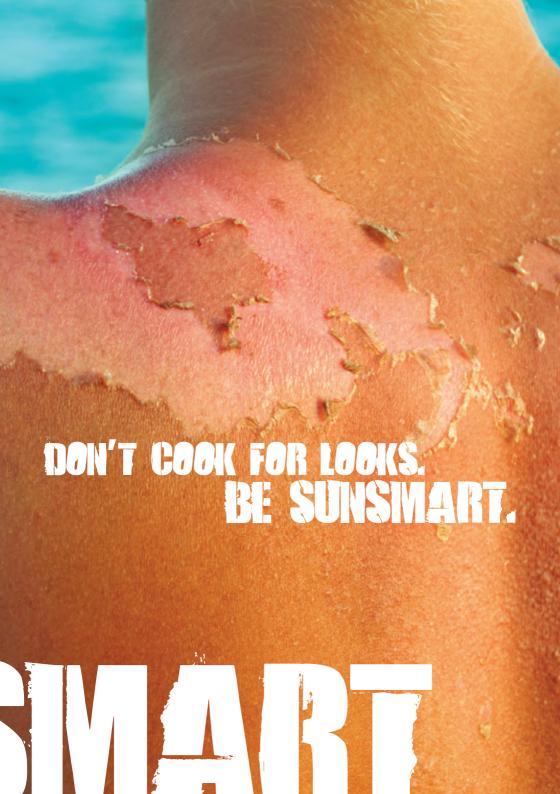
WHAT IS SKIN CANCER RISK?

The sun produces ultraviolet (UV) radiation that can damage skin cells and lead to skin cancer. Too much UV radiation also makes you look old before your time, making your skin look saggy, wrinkly and leathery.

There are three main types of skin cancer, with melanoma being the most dangerous. It is also the most common cancer in young people aged 15-24. Every day, three Australians die from melanoma.

Everyone living in Australia is at risk of getting skin cancer because we have very high levels of UV radiation. The good news is that skin cancer is almost totally preventable by protecting your skin from UV radiation.





HOW DO I KNOW IF THE SUN IS DAMAGING MY SKIN?

(YOU PROBABLY WON'T KNOW TIL IT'S TOO LATE.)

You can't see or feel UV radiation, and it's different to heat. It doesn't need to be hot to be a high UV day. In fact, most people get burnt when it's between 18 and 27 degrees. UV rays can also travel through cloud so you can still get burnt on a cloudy day.

We often see skin damage in the form of sunburn.

The more times you get burnt – and the more severe the burns – the higher your risk of getting skin cancer.

Skin cancers aren't always painful or ugly.

Look out for any spots that change in size, shape or
colour or for any sores that won't heal. If you see any,
visit your doctor as soon as you can.



PROTECT YOURSELF IN 5 WAYS

IT'S EASY TO PROTECT YOUR SKIN. COMBINE THESE 5 STEPS:













The UV Index tells you how strong the UV will be during the day. Remember to check it at **myUV.com.au** and protect yourself when UV is 3 or above.





