



**PROTECTION IS BETTER
THAN THE CURE.**

BE SUNSMART

THE TRUTH ABOUT TANNING

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.

UV RADIATION

FAST FACTS

(1) Each year, more people die from skin cancer than traffic accidents in Australia.

(2) 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].

(3) You can get sunburnt in as little as 10 minutes.

FACTS

WHAT IS SKIN CANCER AND AM I AT 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.

BE SUNS

A close-up photograph of a person's back, showing a large, severe sunburn. The skin is bright red and peeling, with large patches of the top layer of skin missing, revealing a raw, pinkish-red surface. The background is a blurred blue, suggesting an outdoor setting like a beach. The overall tone is one of pain and the consequences of sun exposure.

**DON'T COOK FOR LOOKS.
BE SUNSMART.**

SMART

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.

CANCER

PROTECT YOURSELF IN 5 WAYS

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



SLIP on sun protective clothing



SLOP on SPF30 or higher broad spectrum, water-resistant sunscreen



SLAP on a hat (not a cap)



SEEK shade



SLIDE on some sunglasses



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.



When UV
is 3 or above
Be SunSmart

Visit myUV.com.au
for your UV forecast.

Learn about sun protection and
try our SunSmart interactive game at
GenerationSunSmart.com.au

For more information
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13 11 20

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