

# SunSmart Tips

## for newsletters

Ultraviolet (UV) radiation exposure can lead to skin cancer and other forms of skin and eye damage later in life. Remember to Slip! Slop! Slap! Seek! Slide!

Layer sunscreen on thickly 20 minutes before going out into the sun and reapply sunscreen every two hours. **Do not rub it in!**

There is no such thing as wind burn! Wind may dry your skin but it will not burn it. Remember to Slip! Slop! Slap! Seek! Slide! when the UV Index is 3 or above.

Ultraviolet radiation can penetrate clouds, so do not be fooled when it's overcast. Protect yourself from the sun when the UV Index is 3 or above.

Cancer Council Western Australia says: **Be SunSmart!**

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on some sunglasses

Use a combination of these sun protection measures outside when the UV Index is 3 or above.

Use an SPF 30 or higher broad spectrum water resistant sunscreen. Always apply sunscreen thickly and **do not rub it in!**

Instead of a baseball cap use a broad brimmed, bucket or legionnaire style hat which protects your ears and back of the neck from sun burn and skin damage.

A tan doesn't last a lifetime, but skin damage does! Remember to Slip! Slop! Slap! Seek! Slide!

Sunscreen should never be the only method of UV protection used. Nor should it be used to stay out in the sun longer, remember to use a combination of Slip! Slop! Slap! Seek! Slide!

Australians generally apply too little sunscreen. This means they usually get less than half the protection stated on the product label. Children usually require approximately ½ teaspoon on each extremity.

UV Protection Times are a daily time period showing when UV levels are predicted to be 3 or above, and UV protection is needed. The UV protection times vary according to your location and will change throughout the year. To find the UV protection times for your area, visit [www.myuv.com.au](http://www.myuv.com.au)

Role modelling by parents, teachers, sport coaches and other adults has a positive influence on the UV protection habits of young people. So remember to lead by example and Slip! Slop! Slap! Seek! Slide! when outside.

When visiting the school, families and visitors are asked to use a combination of UV protection measures. Children learn lifelong UV protection behaviours from their parent, so lead by example!

Shade is a very effective form of UV protection, however, it will not totally block out all of the

sun's ultraviolet (UV) rays. UV radiation can scatter in the atmosphere and reflect from surfaces such as water, sand and concrete. Maximum UV protection can be achieved by using shade in conjunction with UV protective clothing, hats, sunscreen and sunglasses.

A rashie or t-shirt is a great way to protect your skin from harmful UV radiation when swimming.

Exposure to ultraviolet (UV) radiation from the sun and other sources, such as solariums, is the major cause of skin cancer. Australia has some of the highest levels of UV radiation in the world: in fact UV radiation is strong enough to cause sunburn in as little as 10 minutes on a fine January day. Your skin remembers and records all the UV exposure you have ever received – all the sunburns, tans, solarium visits or just simple day-to-day time spent outdoors when you have not used sun protection. It all adds up and increases your long-term risk of skin cancer. It's estimated that if we reduce our lifetime exposure to UV radiation by just 20%, Australia would have about one third fewer cases of skin cancer.

Remember you can still get sunburnt on a cool or cloudy day, so Slip! Slop! Slap! Seek! Slide!

There is no such thing as a safe tan. Tanning is a sign of skin damage. Don't cook for looks, remember to Slip! Slop! Slap! Seek! Slide!

It does not have to be hot for sunburn to occur – UV radiation is not the same as heat. Most people get burnt when the temperature is between 18 and 27 degrees, Slip! Slop! Slap! Seek! Slide!

Over exposure to UV radiation leads to sunburn, wrinkling, premature aging, eye damage and skin cancer. So Slip! Slop! Slap! Seek! Slide!

The same harmful rays that damage skin can also cause both short and long term damage to children's eyes, so be SunSmart and protect eyes with close fitting wrap around sunglasses.

Found early, over 90% of skin cancers can be treated successfully. Check your skin regularly and if you notice any unusual changes see your doctor.

Some clothing is marked with an Ultraviolet Protection Factor (UPF). The higher the UPF, the more protection the fabric will provide. Look for clothing with a UPF Factor of 40-50+.

Remember that UV can penetrate water up to 50cm, so don't be fooled by thinking you are protected in the water, remember to apply sunscreen 20 minutes before going for a swim.