



**Create
good habits
for life.**



Did you know?

Unprotected exposure to the sun on our children's delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, two out of three Aussie kids at school today will be diagnosed with skin cancer in later life – some of them with deadly melanomas.

The good news is that skin cancer is very preventable. Creating good sun protection habits for life helps reduce the risk of skin cancer and helps prevent freckles, moles and painful sunburn.

When do we need sun protection?

Most areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days. Check the SunSmart UV Alert daily for UV levels in your local area:

- In daily newspaper weather forecasts
- Google the **free** SunSmart App for smartphones
- Go to **www.cancercouncil.com.au/sunsmart**

Balancing sun protection and vitamin D needs

Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW most children will get enough vitamin D during their everyday outdoor activities. Children with very dark skin may be at risk of low vitamin D. It's important to talk to your doctor if you have any concerns for your family.

Follow the tips below whenever the UV level is 3 or above.

Slip, slop, slap...plus seek and slide!



Slip on sun-safe clothing, such as longer-style shorts and skirts; t-shirts and dresses with sleeves, collars or covered necklines.



Slop on SPF 30+ or SPF 50+ broad-spectrum water-resistant sunscreen. Reapply every 2 hours, or more often if washed off or swimming.



Slap on a wide-brimmed or bucket hat that protects the face, neck and ears.



Seek out shady areas, but still use sun-safe hats, clothing and sunscreen.



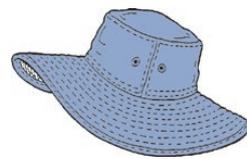
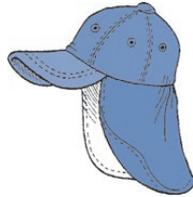
Slide on sunnies that meet the Australian Standard 1067 and have an eye protection factor rating of EPF 10.

Walking the talk!

As a parent, carer or educator it's important you protect your own skin and role model good sun protection for children in your care. A handy tip is to keep a broad-brimmed hat and sunscreen in your bag, car or classroom.

Brimms are best

Sun-safe hats, such as bucket, broad-brimmed or legionnaire styles are best. Baseball caps are a popular fashion item, but they don't protect the neck, ears and cheeks. Try keeping them for indoor activities and always wear sun-safe hats when outside.



The facts about sunscreen

There is clear evidence that sunscreen helps protect against skin cancer, however sunscreen does not give complete protection and should always be used with sun-safe hats, clothing and shade.

Allergic reactions to sunscreen are rare. Cancer Council recommends performing a patch test on a small area on the inside forearm to check if the skin reacts, prior to applying sunscreen to the rest of the body – especially if the brand or product has not been used before. If a reaction occurs, discontinue use and seek advice from a doctor or chemist about choosing an alternative product.

Want to know more? Check out www.cancercouncil.com.au/sunsmart or call Cancer Council Information and Support line on 13 11 20

