

# Sun protection from May to August—what you need to know

In Australia we need to balance the risk of skin cancer from too much sun exposure - with maintaining adequate levels of vitamin D.

**From the beginning of May, UV levels will begin to drop and not rise to dangerous levels again until mid August. For most people, skin protection is not necessary when the UV levels drop below 3.**

On a normal school day from May to August, where children are outside for relatively short periods of time, ie recess and lunch – the chances of skin damage from the sun for most people is low.

## When extra care is needed

- on clear sunny days in early May and from mid August when the UV may reach 3 and above during the middle of the day
- if children are outside for long periods of time – eg sports day.

On these days, skin protection is still recommended, particularly for children and adults with very fair skin that burns easily.

Use of the UV Alert to find out when sun protection is needed.

