

FIND YOUR LOCAL UV LEVELS

Protect your skin in five ways when UV is 3 and above.

Find your local UV levels and sun protection times at:

- SunSmart app—[sunsmart.org.au](https://www.sunsmart.org.au)
- My UV—[myuv.com.au](https://www.myuv.com.au)
- Bureau of Meteorology—[bom.gov.au/uv](https://www.bom.gov.au/uv)



Be SunSmart with the free SunSmart app available at the App Store and Google Play.



Protect your skin from UV radiation



For free* and confidential information and support about cancer, Monday to Friday 9.00 am – 5.00 pm:

- call Cancer Council **13 11 20**
- chat online at [cancersa.org.au](https://www.cancersa.org.au)
- email askanurse@cancersa.org.au

Free* interpreting service is available on **1314 50**

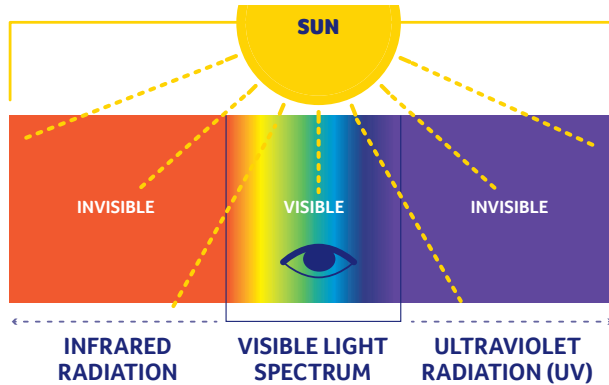
*Cost of a local call

FEB 2022

Information and support
13 11 20
[cancersa.org.au](https://www.cancersa.org.au)



What is UV?



Ultraviolet (UV) radiation is only one type of energy emitted by the sun.

The sun also emits **visible light** which can be seen with the human eye as colours of the rainbow—and **infrared radiation**, which we cannot see, but feel as heat.

Our senses can't detect **UV radiation**, so we can't rely on *feeling it or seeing it* to know when to protect our skin. When the UV is 3 and above, sun protection is recommended.

DID YOU KNOW ?

UV radiation from the sun:

- is high-energy radiation, capable of causing damage to living organisms
- is carcinogenic to humans
- cannot be seen or felt
- is not related to temperature
- can be high even on cool and cloudy days
- can pass through clouds
- can pass through loosely woven material
- can bounce off reflective surfaces such as metal, concrete, water and snow.

Think UV, not heat.

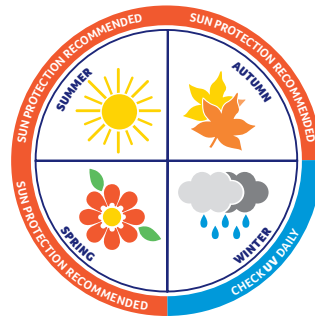
UV levels can vary from day to day, and are affected by:

- **Season or time of year:** during summer solstice, when the sun sits highest in the sky, UV radiation is highest.
- **Time of day:** UV radiation is highest in the middle of the day when the sun also sits highest in the sky.
- **Latitude:** the closer to the equator you are, the higher the level of UV radiation.
- **Cloud cover:** most UV radiation can pass through cloud.
- **Altitude:** at higher altitudes the atmosphere is thinner, and it absorbs less UV radiation.
- **Ozone:** ozone absorbs some of the UV radiation.
- **Reflective surfaces:** different surfaces can reflect UV radiation back onto the skin and eyes indirectly from the sun.

It doesn't have to be hot for UV to damage your skin.

Check the UV *regardless of the season* and protect your skin when the UV is 3 and above.

In South Australia, the UV Index reaches 3 and above from August until May.



UV radiation and skin cancer prevention.

Every time you're unprotected in the sun, you increase the risk of developing skin cancer—whether you're hanging out the washing, waiting at the bus stop, or enjoying lunch outdoors with friends.

When the UV is 3 and above, even a short time outside unprotected can cause permanent skin damage—even if your skin doesn't burn or tan.

Always check the sun protection times before you head outside and protect your skin when the UV is 3 and above.

Be SunSmart.

Australia has one of the highest rates of skin cancer in the world. Although it's highly preventable, skin cancer accounts for 80 per cent of all newly diagnosed cancers each year.

Skin damage from UV radiation is permanent and cumulative, so sun protection is important at all life stages.

Being SunSmart is a simple way to reduce your risk of developing skin cancer. Every time you protect your skin, you are reducing your risk.

PROTECT YOUR SKIN IN FIVE WAYS WHEN UV IS 3 AND ABOVE:



SLIP on clothes that cover your arms and legs



SLOP on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



SLAP on a broad brimmed hat or one that covers the head, face, neck and ears



SEEK shade, particularly over the middle part of the day when UV is highest



SLIDE on close fitting sunglasses