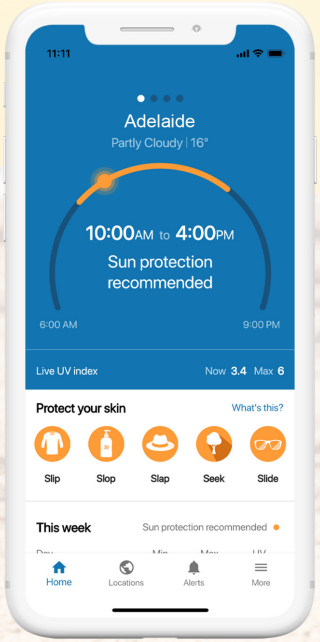
FIND DAILY LOCAL SUN PROTECTION TIMES

The sun protection times tell you the time of day UV is forecast to be 3 and above - that's the time to be SunSmart.

Find daily sun protection times for your location at:

- **SunSmart Global UV app—sunsmart.org.au**
- **My UV—myuv.com.au**
- **Bureau of Meteorology—bom.gov.au/uv**



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

Cancer Council SA

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

- call Cancer Council **13 11 20**
- email **askanurse@cancersa.org.au**

Free interpreting service is available on **13 14 50**

SEPT 2023

Cancer Council SA

Protect your skin from UV radiation

Protecting your skin

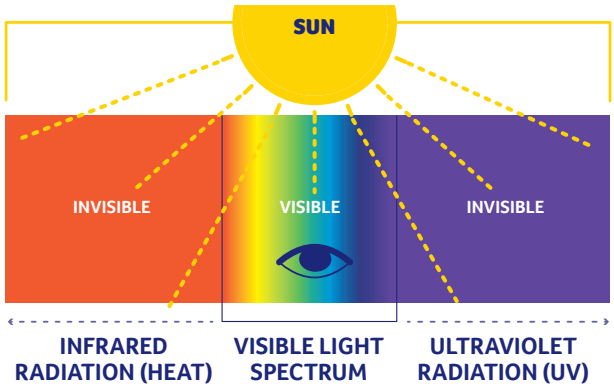
Information and support

13 11 20

cancersa.org.au

SUNSMART®

What is UV?



Ultraviolet (UV) radiation is a form of energy produced by the sun.

The sun produces different types of energy:
Visible light – which we can see as sunlight.
Infrared radiation – which we cannot see but feel as heat.
UV radiation – which we cannot see or feel.

UV is unrelated to temperature and can be at damaging levels even on cool and cloudy days. As we cannot see or feel UV, we cannot rely on our senses or the weather to know when to protect ourselves.

A UV level of 3 is high enough to cause permanent damage to our skin and eyes. Therefore, sun protection is recommended when UV is 3 and above.

DID YOU KNOW

UV radiation from the sun:

- **damages our skin, increasing risk of skin cancer**
- **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.

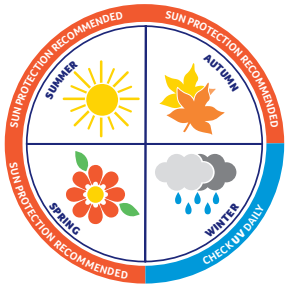
UV levels are influenced by a number of factors, including time of day and time of year, our location and the environment:

- **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 a hot, sunny day for UV to reach damaging levels.

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

In South Australia, the UV Index averages 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, adding up over our life time, 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 SPF50+, broad-spectrum, water-resistant sunscreen 20 minutes before heading outdoors and reapply every two hours.

SLAP on a broad-brimmed hat or one that protects 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