



Being SunSmart - a note for families

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer.

Most skin cancer can be prevented.

It is especially important to protect babies and young children.

Sun protection times

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to **Slip, Slop, Slap, Seek and Slide!**



Don't just wait for hot and sunny days to use sun protection. Check the sun protection times on the free SunSmart app each day so your family can be protected when they need to be.

Five SunSmart steps

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.** Make sure the whole family joins in. If adults use sun protection, children will too.



1. SLIP on covering clothing

Wear cool, loose-fitting clothing that covers as much skin as possible. Choose tops that cover the chest, back and shoulders with a higher neckline and at least elbow length sleeves.

Look for longer shorts, pants or skirts to cover as much of the leg as possible. Try to layer the clothes – wear a shirt over a singlet or a t-shirt under a dress.

Hold the fabric up to the light. If it lets a lot of light through, it will probably let a lot of UV through too. Densely woven fabric (like t-shirt material) is best.



2. SLOP on SPF50+ broad-spectrum, water-resistant sunscreen

Apply sunscreen to parts of skin that can't be covered by clothing 20 minutes before going outside. Reapply sunscreen every TWO hours (even if the label says four hours water resistance).

Sunscreen at any price is good to use if it has an Australian Licence (Aust L) number on it. Keep the sunscreen in a cool, shaded place and check the expiry date.

For sensitive skin, choose a sensitive or toddler sunscreen. Everyone in the family can use this.

A note about babies: Use clothing, hats and shade to protect babies. It is best not to apply sunscreen to babies under 6 months.

3. SLAP on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat that shades the face, neck and ears. Caps and visors do not provide enough sun protection so save them for indoors.

4. SEEK shade

Choose shady spots whenever possible.

5. SLIDE on wrap-around AS1067 sunglasses

Help protect the eyes with sunglasses that are labelled AS1067.