

FIND YOUR LOCAL UV LEVELS

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

You can find your local UV levels at:

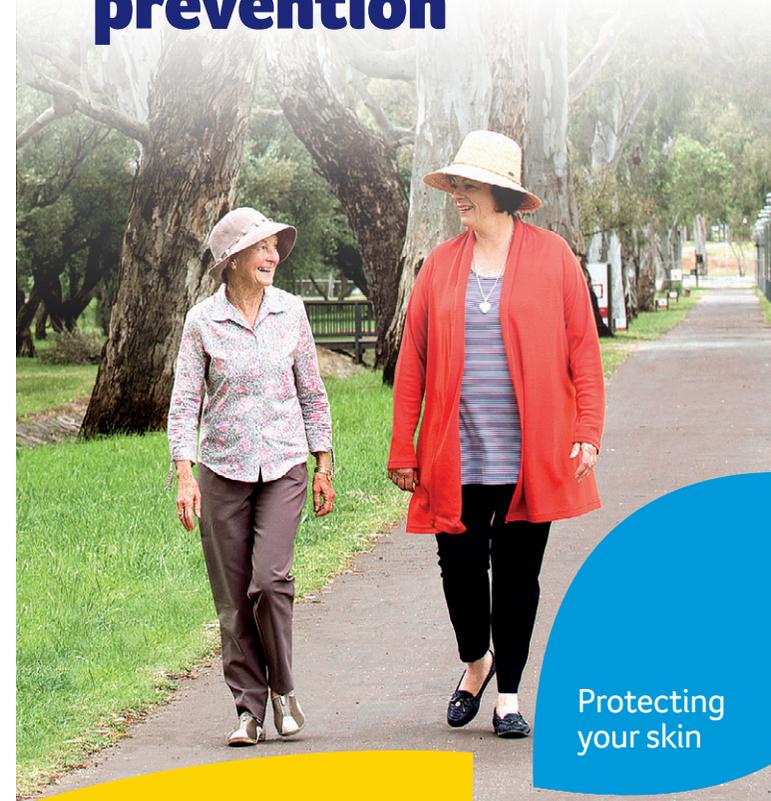
- SunSmart app—sunsmart.org.au
- Cancer Council SA—cancersa.org.au
- My UV—myuv.com.au
- Bureau of Meteorology—bom.gov.au/uv



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



UV radiation and skin cancer prevention



Protecting your skin



For free* and confidential information and support about cancer, Monday to Friday 8.30 am – 5.30 pm:

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

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

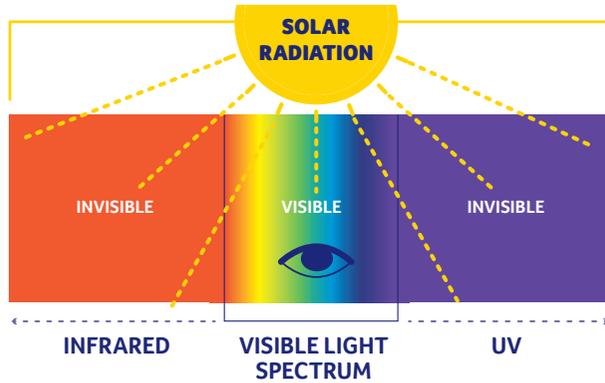
*Cost of a local call

APR 2019

Information and support
13 11 20
cancersa.org.au



What is UV?



Ultraviolet (UV) radiation is one part of the electromagnetic spectrum emitted by the sun.

The sun's visible light spectrum can be seen with the human eye. We see this spectrum as the colours of the rainbow. The sun also emits infrared radiation, which we cannot see but feel as heat.

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

DID YOU KNOW ?

UV radiation from the sun:

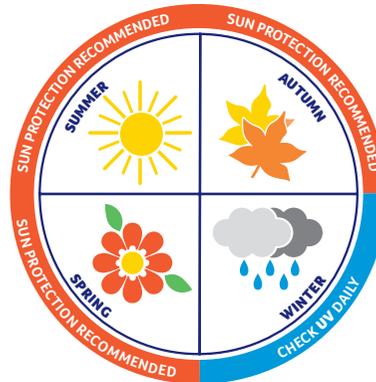
- is high-energy radiation, capable of causing damage to living organisms
- is carcinogenic to humans
- cannot be seen or felt
- is not related to temperature
- can be high even on cool and cloudy days
- can pass through clouds
- can pass through loosely woven material
- can bounce off reflective surfaces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

Think UV, not heat.

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

- **the season or time of year, and also the time of day**
- **latitude**—the closer to the equator you are, the higher the level of UV radiation
- **cloud cover**—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.

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.



UV radiation and skin cancer prevention.

You spend more time in the sun than you realise. Anywhere you go, UV from the sun will damage unprotected skin and it just keeps adding up.

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

Spending even a short time outdoors unprotected when the UV is 3 or above is enough to cause permanent skin damage, even if your skin doesn't burn or tan. The more time spent in the sun, the more the damage adds up. Always check the sun protection times before you head outside and protect your skin when UV is 3 and above.

Be SunSmart.

Australia has one of the highest rates of skin cancer in the world, and despite being highly preventable, it accounts for 80 per cent of all newly diagnosed cancers each year in Australia. The high rates of skin cancer are largely due to our proximity to the equator and our love of the great outdoors.

Skin damage from UV radiation is permanent and cumulative, so sun protection is important at all life stages. Fortunately, being SunSmart is a simple way to reduce your risk of developing skin cancer, and 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