

SunSmart Program implementation times.

Sun exposure and vitamin D— risks and benefits

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining vitamin D levels. The body needs vitamin D for healthy bone development and maintaining musculoskeletal health.

When should I protect my skin?

Whenever the UV level is 3 and above, UV radiation is strong enough to cause skin damage and therefore skin cancer.

UV Index 3 and above

When the UV level is 3 and above, a combination of sun protection measures (broad brimmed hat, sun protective clothing, SPF 30 or higher broad spectrum water resistant sunscreen, sunglasses and shade) is recommended when outdoors.

In South Australia, the UV is 3 and above from 1 August until 30 April.

For more information please go to www.arpansa.gov.au/our-services/monitoring

UV Index below 3

In South Australia, the UV is usually below 3 during May, June and July.

During these times, to support vitamin D production, it is recommended that people are outdoors in the middle of the day with some skin uncovered on most days of the week. Being physically active while outdoors will further assist with vitamin D levels.

SunSmart Program implementation times in South Australia

UV radiation levels in South Australia are 3 and above from the beginning of August until the end of April. To ensure schools and early childhood centres are protecting staff and children from overexposure to UV radiation, **the sun protection policy should be implemented during terms one, three and four, or 1 August to 30 April** for those sites not working on terms. Depending on school or early childhood centre activities, UV levels should also be monitored during the month of May and sun protection recommended on those days when UV is 3 and above.

You can view the Sun exposure and vitamin D—risks and benefits position statement at http://wiki.cancer.org.au/policy/Position_statement_-_Risks_and_benefits_of_sun_exposure.