

We are SunSmart - a note for families



Too much UV can cause sunburn, skin and eye damage and skin cancer.

Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

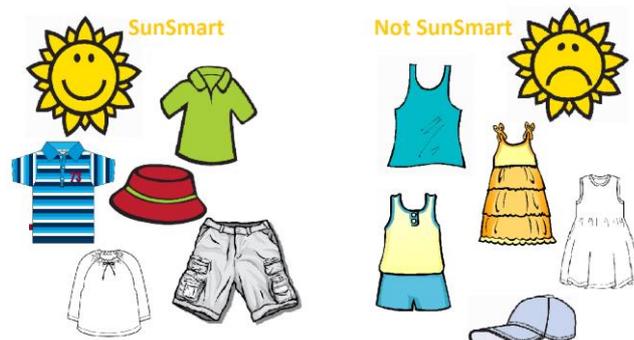
You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to **Slip, Slop, Slap, Seek and Slide!**

Our service aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria's SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures encouraged by educators.

During the daily local sun protection times (issued whenever UV levels are three and above), use these 5 SunSmart steps – even if it's cool and cloudy.

1. **Slip on a shirt** - dress your child in clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
2. **Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and provide permission for sunscreen to be reapplied to your child before they go outdoors. This should be applied every two hours. From 3 years of age, please help your child apply their own sunscreen so they can start to learn independent skills.
3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved sun hat.

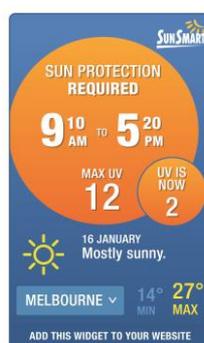
4. **Seek shade** – choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the service. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.



Sun protection times

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

Daily local sun protection times and weather details are available on the free SunSmart app or widget, in the weather section of the newspaper and on the SunSmart website at sunsmart.com.au. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.



Further information contact SunSmart
P: 03 9514 6419
E: sunsmart@cancervic.org.au
W: sunsmart.com.au