



## From September, 5 things to remember

*Slip! Slop! Slap! Seek! Slide!*

From September, Victoria's UV levels are on the rise, so it's time to dust off the sun protection gear and Slip, Slop, Slap, Seek, Slide whenever you are outside. Check the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) or in the weather section of the newspaper to find out the daily UV levels in your area and the local sun protection times.

### Remember these 5 SunSmart steps

1. **Slip** on clothing that covers as much skin as possible (no singlet tops)
2. **Slop** on SPF30+ broad spectrum sunscreen (remember to reapply it before going outside)
3. **Slap** on a wide brimmed hat that shades the head, face, neck and ears
4. **Seek** shade
5. **Slide** on some wrap around sunglasses (labelled AS 1067) – if practical

Take extra care during the middle of the day when the sun's UV levels are most intense.

### *A note about vitamin D*

Higher UV levels from September to April mean most Victorians should be able to get the vitamin D they need with a few minutes of sun exposure on the face, arms and hands before 10am or after 3pm each day.

Due to their high level of melanin, children with naturally very dark skin (skin that rarely or never burns) need 3–6 times this exposure level. These children do not normally need to apply sunscreen. This is a decision for their family to make.

However SunSmart recommends *ALL* children wear a hat to protect their eyes and face. If you have any concerns about vitamin D levels talk to your doctor.

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