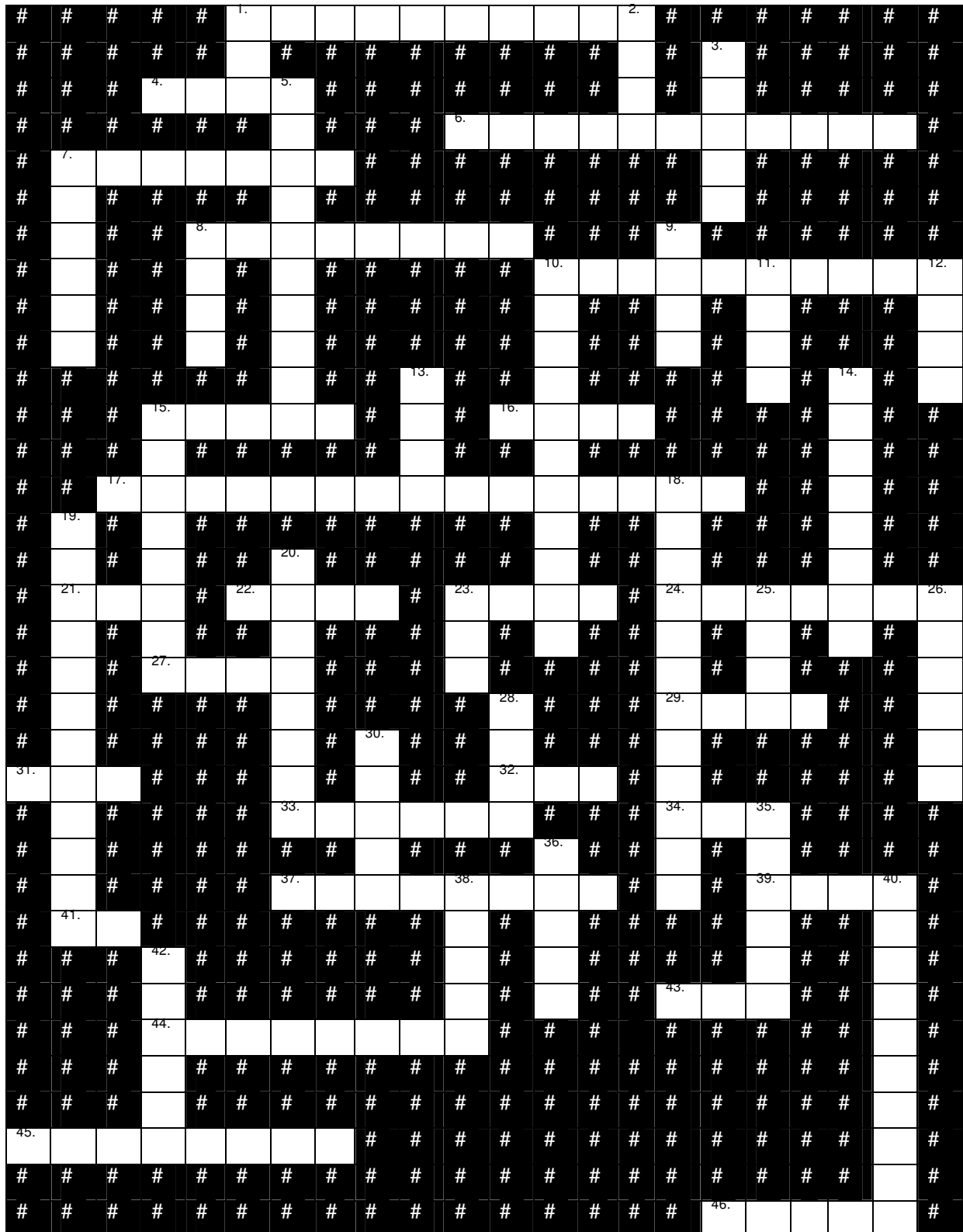


SunSmart crossword

Crossword developed by Jackie Mowat, Drouin, Victoria



SunSmart crossword

Clues

Across: →

1. Together a broad brimmed hat and _____(10) can reduce the amount of UV reaching the eyes by about 98%.

4. _____ (4) is like a physical barrier placed on the skin to reflect and scatter UV radiation away from the skin. This type of sunscreen can be suitable for sensitive skins.

6. Sunscreen should be applied generously, with about a _____ (11) applied to the face, neck and ears, and the same for each leg and arm, and the front and back of the body.

7. If placed in _____ (7) heat (such as in the glovebox of a car), sunscreen may lose its effectiveness.

8. UV radiation in a _____ (8) can be up to 5 times as strong as the midday summer sun.

10. Cancer Council Australia recommends applying SPF (Sun Protection Factor) _____ (6,4) water resistant sunscreen.

15. The _____ (5) the sunscreen is, the less effective it may be. Remember to only use it within its expiry date.

16. The _____ (4) way to keep your skin protected is to use a combination of 5 sun protection measures.

17. _____ (4,11) of your skin is important to keep track of any changes.

21. Using just _____ (3) sun protection measure alone doesn't provide enough protection from UV. It is best to use a combination of 5 sun protection measures. Particular care should always be taken between 10am and 2pm (11am and 3pm daylight saving time) when the sun's UV radiation reaches its peak.

22. _____ (4) your day by using the SunSmart UV Alert. This tells you when the UV index levels reach 3 and above and when sun protection is required.

23. Depending on the fabric, some _____ (4) colours can block more UV radiation than lighter colours.

24. Sand, snow and water can _____ (7) UV radiation. UV radiation can also be scattered by particles in the air.

27. Sunscreen must be used within its expiry -----, (4) and stored at a temperature less than 25 degrees.

29. When your skin has been damaged by the sun and sunburnt, it will usually _____ (4).



Down: ↓

1. Ultraviolet (UV) radiation from the _____ (3) can lead to wrinkles, skin blotches and blemishes, sunburn and skin cancer.

2. _____ (4) on a shirt and clothing that covers as much skin as possible!

3. Bucket, legionnaire and _____ (5) brimmed hats offer the best protection for the head and neck. (A bucket hat should have a brim of at least 6cm and the _____ brim should be at least 7.5 cm wide.)

5. Skin cancer is not only caused by the number of sunburns a person has but also the _____(10) amount of UV exposure over time.

7. Sunscreen is not effective if used beyond its _____(6) date.

8. There is no such thing as a _____ (4) tan. A tan is your body's reaction to overexposure to the sun.

9. Slide on some _____ (4)-around sunglasses!

10. The level of UV radiation is not related to air _____(11) so even on cool days from September to April UV can still damage your skin.

11. In Victoria, we don't need to use sun protection all _____ (4) just from September to April and whenever UV index levels reach 3 and above (unless you are in alpine regions, or near highly reflective surfaces like snow or water).

12. _____ (4) on some sunscreen!

13. From September to April, UV radiation levels are high enough to damage skin. It doesn't matter if it's hot or _____ (4) or cool or very cold.

14. An _____ (8) sunscreen filters UV radiation and prevents most (but not all) UV from reaching the skin. It must be applied 20 minutes before going out in the sun.

15. About 60% of the sun's UV radiation reaches the earth around solar noon 10am and 2pm (11am and 3pm daylight saving time) when the sun is directly _____ (8)

18. _____ (12) to UV radiation from the sun during childhood and teenage years has a big impact on the likelihood of developing skin cancer.

19. Clothing that covers as much skin as possible and has _____ (7,5) fabric is recommended. ↓

SunSmart crossword

Across cont: →

31. Sunscreen should be applied every _____ (3) hours, and more frequently if swimming or perspiring. Don't wait the 4 hours that might be recommended on the sunscreen bottle!

32. The higher the _____ (3) (Sun Protection Factor), the more protection the sunscreen provides.

33. UV radiation can't be seen or felt and can still damage our skin on cool, _____ (6) days so sun protection is still needed.

34. _____ (3) radiation penetrates the top layer of the skin. It can cause premature aging and wrinkling, and contributes to the development of skin cancer.

37. Sunscreen works by _____ (8) the amount of UV radiation reaching exposed skin. It does not totally block out UV.

39. _____ (4) on a hat!

41. _____ (2) sunscreen gives complete protection, it must be used in combination with other sun protection measures.

43. _____ (3) radiation can cause sunburn and skin cancer.

44. The Slip! Slop! Slap! _____ (8) was developed by the then Anti-Cancer Council of Victoria in the mid 1980's.

45. Solariums use artificial UVA and UVB radiation which are both known to be _____ (8) responsible for prematurely ageing skin and causing skin cancer.

46. The _____ (5) of sunscreen does not always indicate its effectiveness. If the container says it is SPF 30+ broad spectrum, water resistant sunscreen and follows the Australian Standard, you know it will do the job it is supposed to do regardless of the cost.



Down cont: ↓

20. Not all sunscreens have the same ingredients – if your skin has an _____ (8) reaction to one, try another brand. (Reflective sunscreens seem to be more suitable for sensitive skins e.g. zinc).

23. _____ (3) t-shirts can offer better protection than wet t-shirts as the water pulls the threads and allows more UV radiation to reach the skin.

25. You can _____, (4) information about sun protection from the SunSmart website at www.sunsmart.com.au.

26. Sunscreen should be applied at least _____ (6) minutes before going outside.

28. You should never be too _____ (4) to use sun protection measures – it should be a part of your daily routine.

30. _____ (5) spectrum sunscreens help protect against both types of UV radiation: UVA and UVB.

35. Sunscreen is a chemical barrier that can _____ (6) UV radiation.

36. For shade, try sitting _____ (5) a tree or take some portable shade with you!

38. Sunscreen should be applied to _____ (5) and dry skin.

40. Sun _____ (10) clothing covers as much skin as possible.

42. You can _____ (6) sunburnt in as little as 15 minutes on a fine January day.

