Sunscreen

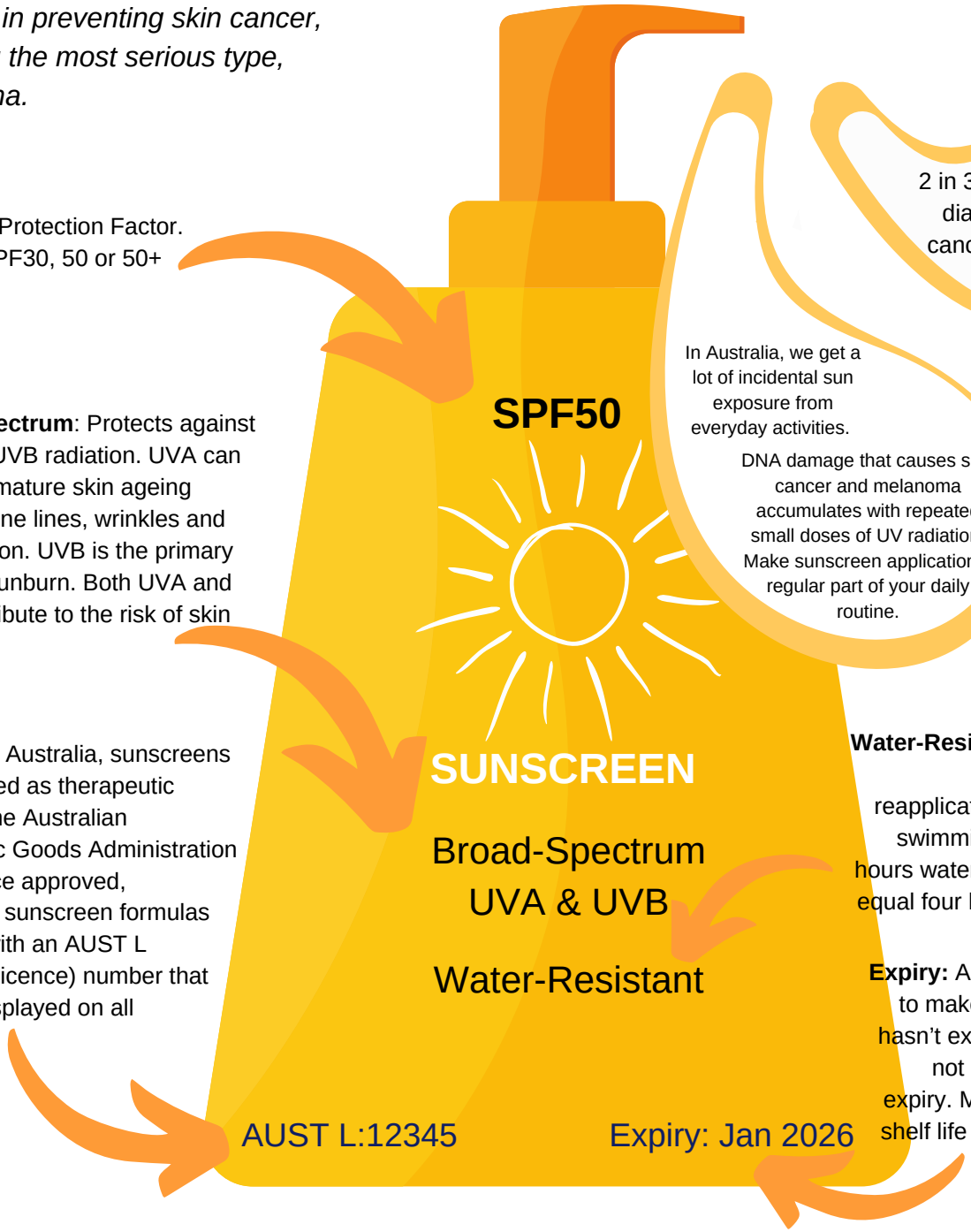
The sun's UV radiation can cause skin and eye damage and skin cancer.
You can't see or feel UV. It can be scattered and reflected so can reach you even in the shade.
Whatever the weather, when the UV is 3 and above, use all five forms of sun protection.

Research shows that sunscreen is effective in preventing skin cancer, including the most serious type, melanoma.

SPF: Sun Protection Factor. Choose SPF30, 50 or 50+

Broad-Spectrum: Protects against UVA and UVB radiation. UVA can cause premature skin ageing including fine lines, wrinkles and pigmentation. UVB is the primary cause of sunburn. Both UVA and UVB contribute to the risk of skin cancer.

AUST L: In Australia, sunscreens are regulated as therapeutic goods by the Australian Therapeutic Goods Administration (TGA). Once approved, therapeutic sunscreen formulas are listed with an AUST L (Australia Licence) number that must be displayed on all packaging.



2 in 3 Australians will be diagnosed with skin cancer in their lifetime.

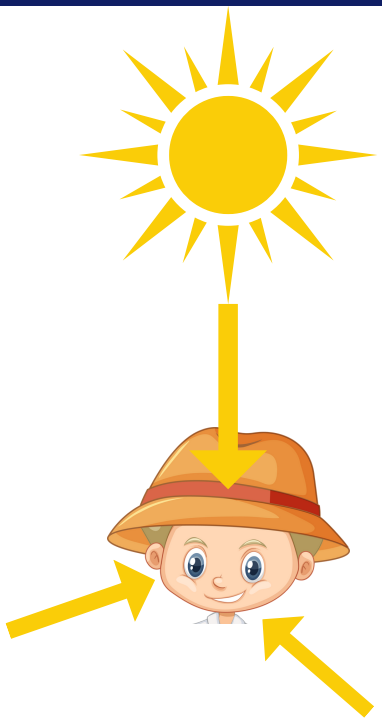
In Australia, we get a lot of incidental sun exposure from everyday activities.

DNA damage that causes skin cancer and melanoma accumulates with repeated small doses of UV radiation. Make sunscreen application a regular part of your daily routine.

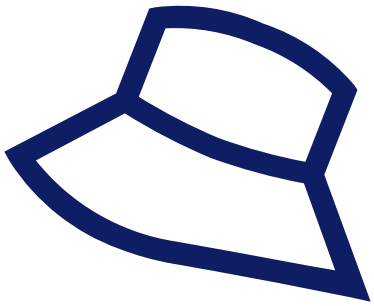
Water-Resistant: No sunscreen is fully waterproof so reapplication is important after swimming or sweating. Four hours water-resistance does not equal four hours UV protection.

Expiry: Always check the date to make sure the sunscreen hasn't expired. Sunscreen will not be protective after its expiry. Most sunscreen has a shelf life of about three years.

Sunscreen



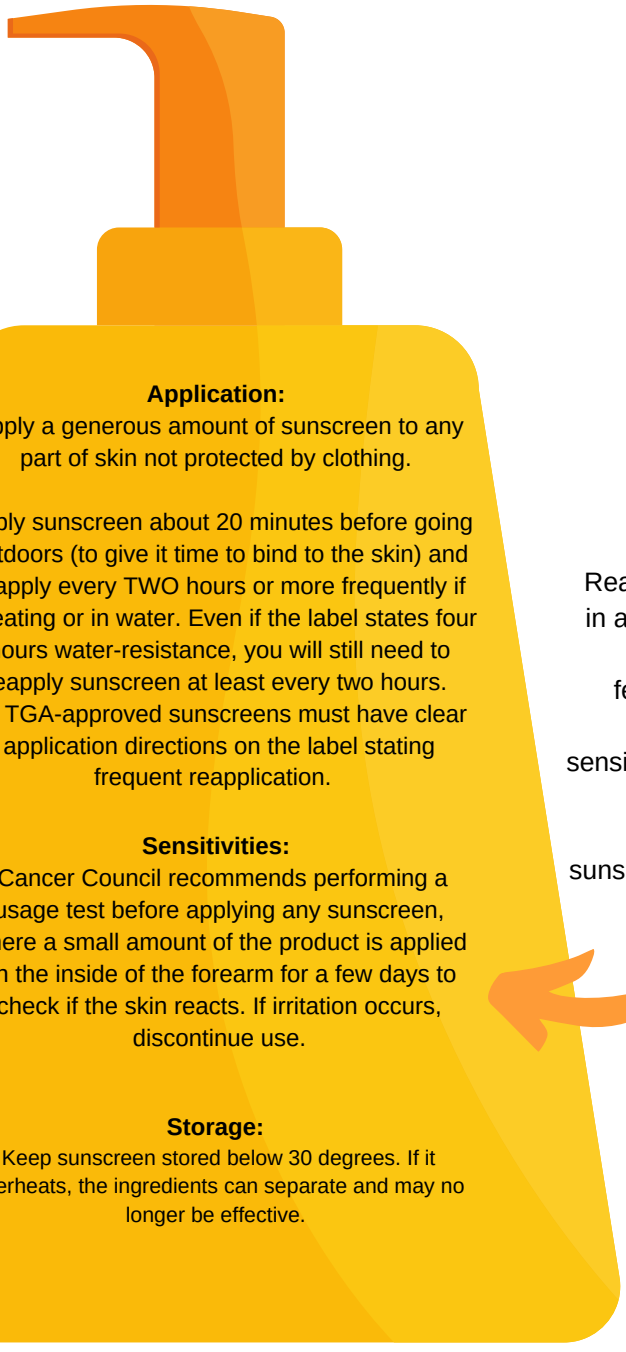
Even when wearing a hat, sunscreen is still needed to help protect from scattered and reflected UV reaching delicate areas of the face, neck and ears and other parts of skin not covered by clothing.



Price: Price is not an indication of UV protection – all regulated sunscreens when applied correctly should help protect the skin.

Choose a formula that best works for you – one in your price range that you like and are happy to reapply.

Ingredients: There are two types of active ingredients in sunscreen, each protect the skin in a different way.
~ UV absorbers absorb UV
~ UV reflectors (such as Zinc Oxide or Titanium Dioxide) scatter UV.
Some sunscreens use a combination of UV absorbers and UV reflectors.



Application:
Apply a generous amount of sunscreen to any part of skin not protected by clothing.

Apply sunscreen about 20 minutes before going outdoors (to give it time to bind to the skin) and reapply every TWO hours or more frequently if sweating or in water. Even if the label states four hours water-resistance, you will still need to reapply sunscreen at least every two hours. All TGA-approved sunscreens must have clear application directions on the label stating frequent reapplication.

Sensitivities:
Cancer Council recommends performing a usage test before applying any sunscreen, where a small amount of the product is applied on the inside of the forearm for a few days to check if the skin reacts. If irritation occurs, discontinue use.

Storage:
Keep sunscreen stored below 30 degrees. If it overheats, the ingredients can separate and may no longer be effective.

Ingredients
xxxxxx

Sensitivities:
Reactions to sunscreen occur in a very low proportion of the population – fewer than 1% of all users. If sensitivities occur, try a sensitive or toddler sunscreen.

The widespread use of sunscreen on babies under the age of six months is not recommended.