



# Love your skin

It's that time of year when Ultraviolet radiation (UVR) levels are high and protecting your skin when outdoors is important. You wouldn't take a risk while surfing so why take a risk with your skin and sun exposure? So we share with you some tips about how to keep safe in the sun, our pick of this summer's sun care products and Greer Ell shares her own personal tragedy.

## SUNSCREEN

How much to apply, when, and how often to apply sunscreen can be confusing. The rules to remember for sunscreen application and SunSmart behaviours are:

- Use an SPF30+ water resistant sunscreen.
- Apply at least 15 minutes before going outside.
- Apply 1 teaspoon to each arm, 1 teaspoon to each leg, 1 teaspoon to the body and ½ teaspoon to face, neck and ears.
- Be sensible about being outdoors between the hours of 10am -to 4pm, especially between September and April.
- Be SunSmart when you're at high altitude or near highly reflective surfaces such as snow or water.
- People who have had skin cancer, have sun damage or are on medicines that make them sun-sensitive should be SunSmart all year round.

## SUN PROTECTION

Sunscreen should not be used to extend your time in the sun. It should be part of your daily routine that also includes:

- wearing shirts with collars and sleeves, and long shorts
- wearing a broad-brimmed hat to protect your face, ears, and neck
- wearing wrap-around sunglasses
- seeking shade as much as possible.

Excess sun exposure, including sunburn is a risk factor for all skin cancer types, especially melanoma. Regular use of a good quality SPF30+ sunscreen may help to prevent and/or reduce the chance of skin cancer.