

More about the SunSmart UV Alert

The SunSmart UV Alert is a partnership between The Cancer Council Australia, the Bureau of Meteorology and the Australian Radiation Protection and Nuclear Safety Agency.

For more information about the UV Index, refer to these websites:

SunSmart UV Alert

> www.sunsmart.com.au/uvalert

Bureau of Meteorology

> www.bom.gov.au/products/uvindex_national.shtml

Australia Radiation Protection And Nuclear Safety Agency (ARPANSA)

> www.arpansa.gov.au/uvindex/daily/ausuvindex.htm

World Health Organisation

> www.who.int/mediacentre/factsheets/fs271/en/



YOUR DAILY GUIDE TO
SUN PROTECTION

UV Radiation – the invisible killer

Australia has the highest incidence of skin cancers in the world. More than 1300 Australians die from skin cancer each year, and 1 in 2 will get skin cancer in their lifetime.

Ultraviolet (UV) radiation is the invisible killer that you can't see and you can't feel. Heat or high temperatures are not an indication of UV radiation.

What is the SunSmart UV Alert?

The SunSmart UV Alert tells you the time period in which you need to be SunSmart. It is a tool you can use to protect yourself from UV radiation.

The Alert is issued when UV radiation is forecast to reach a level that can damage your skin and lead to skin cancer.



When the UV hits 3 – be SunSmart!

When the UV Index is forecast to reach 3 or above, the Bureau of Meteorology issues the SunSmart UV Alert. The UV Alert is based on the Global Solar UV Index, a rating system adapted from the World Health Organisation. The values of the Index range from zero upward. The higher the Index value, the greater the potential for damage to your skin.

How to be SunSmart



1. Seek shade
2. Wear protective clothing that covers your arms and legs as well as your body
3. Put on a broad-brimmed hat that shades your face and neck
4. Wear wrap-around sunglasses
5. Apply SPF30+ broad spectrum water resistant sunscreen every two hours. Sunscreen should not be used to extend the time you spend in the sun.

Check and Protect

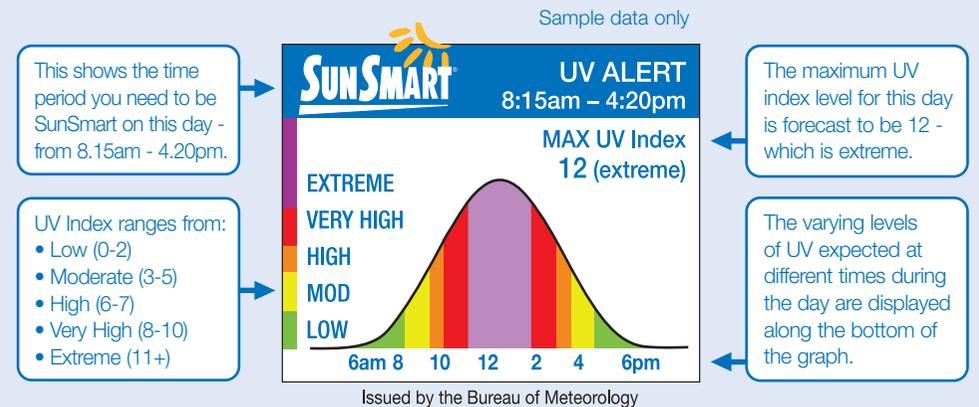
It's important for all Australians, or visitors to Australia, to look and listen for UV index levels in local weather forecasts.

Remember, you should use a combination of sun protection measures to keep you safe from UV radiation—never rely on just one.

Look for the Alert everyday

The SunSmart UV Alert is reported in most newspaper, television, website, mobile phone and radio weather forecasts across Australia.

How to read the Alert



Facts about UV Radiation

- > The sun emits UV radiation.
- > UVA penetrates deep into the skin causing damage like wrinkles and discolouration.
- > Exposure to UVB causes sunburn. Sunburn, whether severe or mild, can cause permanent skin damage.
- > Skin cancer is a disease of the body's skin cells caused mainly by overexposure to UV radiation.
- > Heat or high temperatures are not an indication of UV levels.
- > Factors such as latitude, cloud cover, time of year and time of day determine UV levels.
- > UV levels vary in intensity and level across Australia on any given day.
- > Increased exposure to UV radiation and the number of severe sunburns experienced, especially during childhood, increases the risk of developing skin cancer.