



## SMART SUN PROTECTION EDUCATION

### SUN PROTECTION EDUCATION, FOR SCHOOLS, CLUBS, EMPLOYEES, EVENT GOERS

- Use a sunscreen with a SPF of at least 15+ and apply it at least 15 minutes before sun exposure. This is necessary to build a protective layer to your skin
- Sunscreens should be used to reduce sun exposure, and not prolong it
- Re-apply sunscreen as needed after swimming, sweating or towel drying, every 2 hours is best
- Use sunscreen even on a cloudy day
- Never leave children exposed to the sun without adequate protection. Because of the long time it takes for cancer to develop, studies suggest that over-exposure early in life may lead to skin cancers later in life
- Try to avoid the sun between 10am-2pm when the sun's rays are very strong
- Forgotten areas: ears, backs of your hands, behind your knees, neck front and back and the tops of your feet

Sunscreens should be used to reduce sun exposure, and not prolong it. The meaning of the SPF value is, that with a sunscreen labelled SPF50+. Properly applied, it will take at least 50 times as long to accumulate the same amount of skin damage as it would without this sunscreen. Together, with clothing, a hat, and shade, sunscreens provide a complementary means for protecting your skin from the short and long term consequences of over exposure to sunlight. These include, sunburn, premature ageing, and skin cancer.

Some ways to help educate others; hold a fundraiser, email, fax, copy, and give out to others, or put up in your work place, club, school or change room.

### REMEMBER TO WEAR A HAT ~ CLOTHING ~ SUNSCREEN AND SUN GLASSES

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