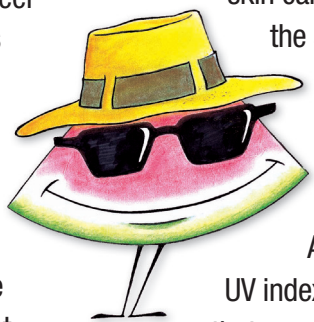


SUN SAFETY TIPS!

Children have delicate skin and this places them at a greater risk of sunburn and skin damage. In fact, unprotected sun exposure during the first 15 years of life has a significant impact on the likelihood of developing skin cancer later in life. The good news is that most skin cancers can be prevented by protecting your skin from the sun's UV rays. UV is dangerous because you can't SEE it or FEEL it. Here are some facts about the dangers of UV radiation and how to protect yourself...

UV or not UV

UV, or Ultraviolet radiation, can cause skin damage, eye damage and skin cancer. The sun is the major source of UV radiation. You can **see** sunlight and you can **feel** the infrared radiation (heat) but you can't see or feel UV radiation. That's why it's so dangerous. Many people think if the sun is not out they can't get sunburnt. Not true. **UV radiation can be high even on cool or overcast days.** The level of UV varies at different times of the day and is highest (most dangerous) during the middle of the day. It is important to remember that UV also reflects off different surfaces



including cement, glass, snow, water & sand so even if you're under shade on the beach, you need to protect your skin. The more exposure you have to UV radiation and the more sunburns you experience (especially when you are young) the higher your risk of getting skin cancer as UV penetrates deep into the skin and causes permanent damage to your skin's cells.

UV Alert

A UV alert is issued when the UV index (reading) is 3 or more - a level that can damage unprotected skin. The higher the UV index, the quicker the skin damage will occur. The UV alert is often part of daily weather forecasts.

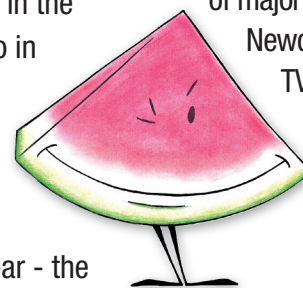


Sunbeds & Solaria

Recent studies have revealed the UV radiation emitted from sunbeds, solaria and sun lamps can be stronger than the midday sun. Using a sunbed will increase your risk of melanoma and other skin cancers. Using a sunbed is **not a safe way to tan**. If you must tan - **fake it don't bake it**.

Our region

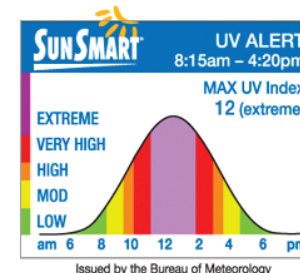
The Hunter Region has one of the highest rates of skin cancer in the world. In Australia about two in three people who grow up here will develop some form of skin cancer, and more than 1600 Australians die from melanoma each year - the most dangerous form of skin cancer. Melanoma is not a disease that affects just old people - young people get melanoma too - it is one of the most common cancers of both young men and young women. But the good news is that skin cancer is almost totally preventable (see "5 ways to protect yourself") and most skin cancers can be cured if found and treated early.



SunSmart UV Index

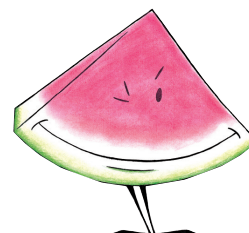
The SunSmart UV Alert is a tool you can use to protect yourself from UV radiation. It tells you the time during the day that you need to be SunSmart.

The Alert is reported in the weather page of major daily newspapers including the Newcastle Herald, some radio and TV broadcasts & via the Bureau of Meteorology website (www.bom.gov.au).



A UV monitor purchased by the HMF, is located on the rooftop of the Calvary Mater Hospital in Newcastle & provides accurate UV radiation level readings monitored by the Australian Radiation Protection and Nuclear Safety Agency. For realtime UV readings go to the website below. Readings are updated every minute between 6am and 8pm - www.arpansa.gov.au

You can also access daily UV levels through mobile phone apps via the **APANSA** or **SUNSMART** sites.



HMF
Hunter Melanoma Foundation

www.hmf.org.au
Phone 4985 0103



5 ways to protect yourself



Slip

on clothing that covers your arms and legs



Slop

on 30+, broad-spectrum sunscreen
Apply before going outside and reapply every 2 hours



Slap

on a broad brimmed hat



Seek shade



Slide

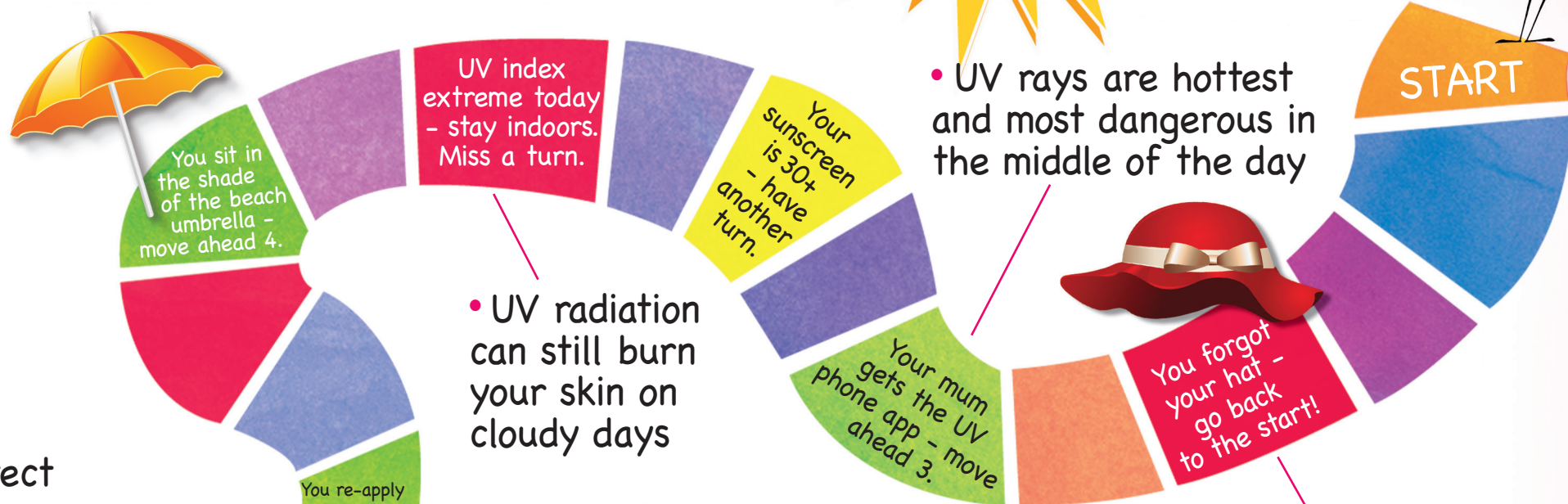
on wrap around sunglasses

Race to the shady place!

(a Sun-Safe game)



Let's play!

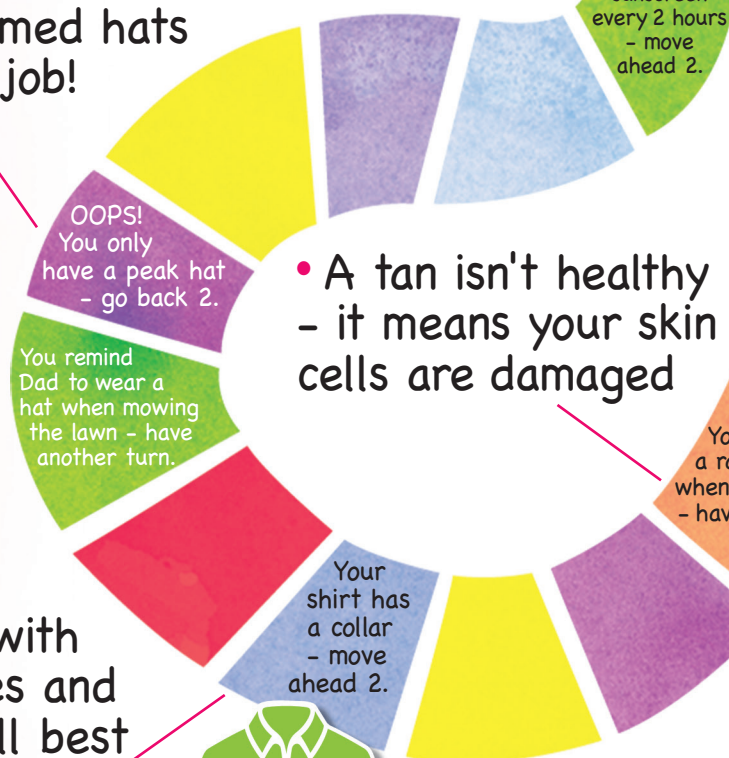


• UV rays are hottest and most dangerous in the middle of the day

• UV radiation can still burn your skin on cloudy days

• The more you protect your skin from sun damage as a child - the less likely you are of getting skin cancer as an adult

• Peak hats don't protect your ears or neck. Wide brimmed hats do a good job!



• A tan isn't healthy - it means your skin cells are damaged

• UV radiation reflects off water, snow & concrete & can burn your skin indirectly

• Clothing with long sleeves and a collar will best protect you from UV radiation



• Apply sunscreen 20 mins before going outside, then re-apply every 2 hours

You've won the race to the shady place!



SUN SAFE!

Oops, you forgot your shirt - go back 2 spaces.

• Wrap-around sunglasses are best to protect your eyes



Race to a shady place! Rules of the game

Minimum 2, maximum 4 players. 1 Dice & player tokens required (a range of different coins or coloured buttons can be used).

Each player is to place their token on the "START" space. Each player must roll a six on the dice before they are able to move. Once the six is rolled the player rolls again and moves the number of spaces shown on the dice. If the player lands on a blank space they are to remain there until their next turn. If a player lands on a space with a request they must read it out loud and follow the instructions. Players must roll the exact number of spaces to land on "SUN-SAFE" end space. The first player to reach the "SUN-SAFE SHADY PLACE" is the winner.