

# Be SunSmart

It is important to balance the chances of getting skin cancer, with having enough vitamin D. In Victoria, from September to April, average ultraviolet (UV) levels are usually three and above. Sun protection is required. For most Victorians, a few minutes of being in the sun before 10am and after 3pm each day is enough to help with vitamin D.

To protect your self from the sun:

- Wear clothes that protect you from the sun.
- Use SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before you go outside, and every two hours afterwards.
- Put on a hat that protects your face, head, neck and ears.
- Seek shade.
- Put on sunglasses – make sure they meet the Australian standard.

From May to August, most people need two to three hours of being in the sun, spread across the week, for vitamin D. Generally, you don't need protection from the sun unless you are outside for a long time, at the snow or the UV reaches three and above. People with naturally very dark skin need three to six times these amounts of sun.

Tips

- Look for the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au), or the weather page of your newspaper.
- Check your skin at least every three months for any skin changes.
- See your doctor if you have a sore that doesn't heal, a mole that has suddenly appeared or started to bleed, or one that has changed its size, thickness, shape or colour.
  
- Some people are more at risk of low vitamin D. These include those with naturally very dark skin, people that get little or no sun and some breastfed babies. Talk to your doctor if you are concerned about your vitamin D.
- Download the free SunSmart app. This shows the amount of UV in your area, up-to-date weather information, advice about vitamin D and a sunscreen calculator.

Visit the website [sunsmart.com.au](http://sunsmart.com.au) for more information.