

# Sun Protection

## **What are the basic sun protection strategies?**

The following strategies are those recommended by the World Health Organisation

1. Avoid exposure during the peak hours of 10am to 3 pm
2. Seek shade
3. Wear protective clothing
4. Wear a broad brimmed hat to protect eyes, ears face and neck
5. Protect the eyes with wrap-around sunglasses or those with side panels
6. Use and reapply at regular intervals a broad spectrum with an SPF (sun protection factor) of at least 15+
7. Avoid tanning beds
8. Protect babies and young children – this is especially important.

Remember. It is important to do all of the above if you are to reduce your risk of skin cancer in a meaningful way.

For a more comprehensive discussion, please download the following **Cancer Council of WA** publications:

**“Choosing and Using Sunscreens”**

**“Sun Protection and Your Child”**

**“How to be SunSmart”**