Create good habits for life.

Did you know?
Unprotected exposure to the sun on our children’s delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, two out of three Aussie kids at school today will be diagnosed with skin cancer in later life – some of them with deadly melanomas.

The good news is that skin cancer is very preventable. Creating good sun protection habits for life helps reduce the risk of skin cancer and helps prevent freckles, moles and painful sunburn.

When do we need sun protection?
Most areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days. Check the SunSmart UV Alert daily:

- In newspaper weather forecasts
- Go to www.cancercouncil.com.au/sunsmart
- Google the free SunSmart App for smartphones

Balancing sun protection and vitamin D needs
Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW most children will get enough vitamin D during their everyday outdoor activities. Children with very dark skin may be at risk of low vitamin D. It’s important to talk to your doctor if you have any concerns for your family.