



From September, 5 things to remember

Slip! Slop! Slap! Seek! Slide!

From September, Victoria's UV levels are on the rise, so it's time to dust off the sun protection gear and *Slip, Slop, Slap, Seek, Slide* whenever you are outside. Check the SunSmart UV Alert for daily sun protection times – you can find it on the free [SunSmart app](#), online ([sunsmart.com.au](#)), in the weather section of newspapers, or as a free [website widget](#). If you can't check the UV Alert each day, make sure you use sun protection every day *from September to the end of April* in Victoria. Don't just wait for hot, sunny days.

Remember these 5 SunSmart steps during the sun protection times, even if it's cool or cloudy

1. **Slip on covering clothing.** If you can see skin, UV can reach it. Is your child's skin covered with cool clothing today?
2. **Slop on SPF 30 or higher broad spectrum sunscreen.** Apply sunscreen before going outdoors and reapply every two hours. One application is not enough. Has your child had sunscreen applied and reapplied today?
3. **Slap on a sun protective hat.** The best hat shades the head, face, eyes, ears and neck. Does your child's hat protect all of these areas?
4. **Seek shade.** Shady spaces help block some of the sun's UV but not all so you still need to wear hats, clothing and sunscreen even in the shade. Does your child have shady places to play?
5. **Slide on sunglasses labelled AS 1067.** If practical, help protect your child's eyes with sunglasses. Are your child's eyes safe in the sun?

A note about vitamin D

The sun's UV is the best natural source of vitamin D.

From September to April in Victoria, most people need just a few minutes of sun exposure mid-morning or mid-afternoon on most days of the week to help with vitamin D. Even with sunscreen you can still get some vitamin D. Sun safe outdoor play throughout the day should not put your child at risk of low vitamin D.

Children with naturally very dark skin need even more sun exposure to help with vitamin D and don't usually don't need to apply sunscreen. However ALL children should still use the other SunSmart steps during sun protection times.

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