

Including an article in your regular newsletter is a great way to educate people about skin cancer and sun protection. Use these SunSmart newsletter articles as they are or tailor to better suit your message/audience.

OPTION 1: ~ 100 WORDS

Get smart and prevent skin cancer

Two in three Australians will develop skin cancer by the age of 70, but the good news is that skin cancer is almost totally preventable.

Combine these five simple steps to save your skin:

1. Slip on sun protective clothing
2. Slop on SPF 30 sunscreen or higher
3. Slap on a brimmed hat
4. Seek shade
5. Slide on some sunglasses

And remember to take extra care when the UV Index is 3 or above.

For more information about sun protection and skin cancer visit www.cancerwa.asn.au or call the Cancer Council Helpline on 13 11 20.

OPTION 2: ~ 200 WORDS

Don't get more than you bargained for!

There's no doubt that spending time in 'the great outdoors' is part of the Australian way of life but if you fail to protect your skin in the sun you could be getting more than you bargained for.

Australia has the highest rate of skin cancer in the world due to high levels of ultraviolet radiation. Remember, it doesn't have to be hot to be a 'high UV' day.

To know when to protect yourself, look for the SunSmart UV Alert on the weather page of the daily newspaper, download the SunSmart app for iPhone or Android, or go to myuv.com.au or the Bureau of Meteorology's website: www.bom.gov.au/weather/uv. The Alert tells you the maximum UV Index forecast and the time period during which you need to be SunSmart for that day.

To enjoy your time outdoors safely combine these five simple steps:

1. Slip on sun protective clothing
2. Slop on SPF 30 sunscreen or higher
3. Slap on a brimmed hat
4. Seek shade
5. Slide on sunglasses

And remember to take extra care when the UV Index is 3 or above. For more information about sun protection and skin cancer visit www.cancerwa.asn.au or call the Cancer Council Helpline on 13 11 20.

For more newsletter article ideas contact the SunSmart team at Cancer Council WA on (08) 9338 4333 or by email sunsmart@cancerwa.asn.au

