Every Shade Every Mob

How can we protect our skin from the sun?

Sun safety means protecting your skin and eyes from ultraviolet radiation (UV) from the sun. You can't see or feel UV, but it can harm your skin.

UV can be present even on cool or cloudy days and can pass through clouds. It reflects off surfaces like water, sand and concrete. You can still get sunburnt on a cloudy day or in the shade.

Too much UV can cause sunburn and skin pigmentation. Over time, it can lead to skin cancer and early skin ageing. Sun safety is important for everyone, especially children and young people.

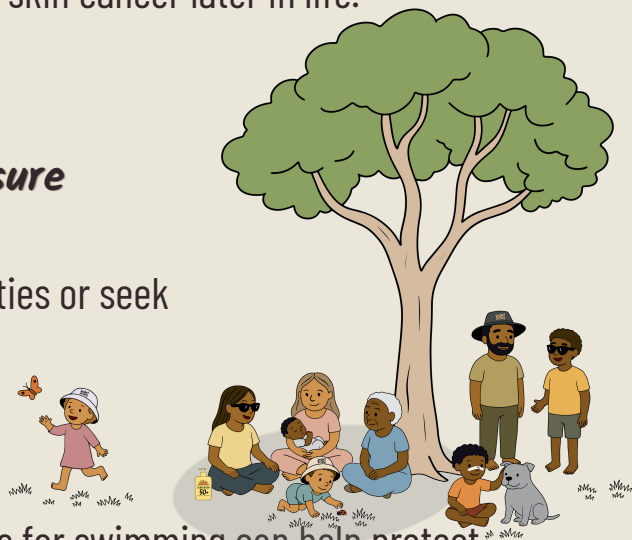
Sun damage builds up over time, increasing the risk of skin cancer later in life.

Strong sun safety habits help protect your skin.



1. Avoid the strongest sun exposure

UV is strongest in the middle of the day.
During this time, try to plan indoor activities or seek shade where possible.



2. Covering up helps protect your skin

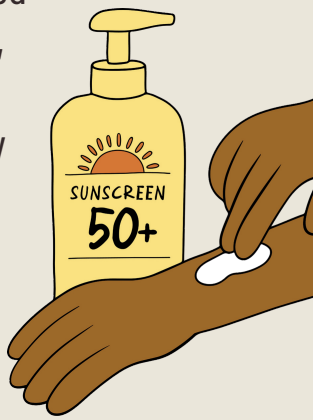
Long sleeves, longer shorts or skirts, and rash shirts for swimming can help protect your skin. A broad-brim hat helps protect your face, ears and neck, and sunglasses help protect your eyes.

For bubs less than 6 months old, avoid direct sun. Regular sunscreen use isn't recommended at this age. Bubs can even burn from reflected sunlight or in shade.

More sun-safe moves here.

3. SPF50+ sunscreen provides added protection

Apply on any skin not covered by clothing. For best results, put on 20 minutes before going in the sun and reapply every 2 hours.



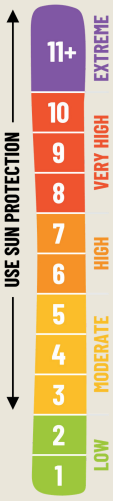
LAST UPDATED 05/11/2026

6-Steps to Proper Sunscreen Application

- Put sunscreen on 20 minutes before going outside.
- Spread evenly on all exposed skin. Use approximately 1 teaspoon per body part.
- Don't forget the ears, neck, nose, lips, shoulders, arms, hands, legs and tops of feet.
- Reapply every 2 hours, or more if swimming, sweating or drying with a towel.
- Sunscreen works best when used with shade, clothing and a hat.
- Choose an SPF50+ broad-spectrum sunscreen.

For children, look for sunscreen made for 'sensitive skin' (often with zinc or titanium dioxide), which sit on top of the skin and help block UV. This is less likely to cause skin irritation.

What is the Ultraviolet (UV) Index?



UV levels change throughout the year, during the day, and across Australia. They are the highest in summer, in the middle of the day, and in northern Australia.

The UV Index measures how strong UV is on a scale from 0 to 11+. Higher numbers mean a higher risk of skin damage.

When the UV Index is 3 or above, sun protection is recommended.

Check the UV Index for your area using the SunSmart Global UV app or your favourite weather app.

SPF means Sun Protection Factor.

The higher the SPF number, the more protection your skin has from UV.

Vitamin D is important for healthy bones and muscles. Most children get enough from incidental sun exposure. Children with darker skin may need extra vitamin D. Have a yarn with your doctor or health worker if you're worried.

LAST UPDATED 05/11/2026