

# SUNSMART PUBLIC ANNOUNCEMENTS.

**When hosting an outdoor event it is a good idea to regularly remind attendees including participants, staff, volunteers and spectators to be SunSmart and protect their skin. These announcements can be broadcast over a PA system at outdoor events.**

“Whenever the UV hits 3 and above, that’s the time for sun protection. So make sure you cover up with clothing, find some shade, wear a brimmed hat and sunglasses, and use plenty of SPF 30+ sunscreen.”

“Whether you’re out to watch or participate today, don’t forget your sunscreen, brimmed hat, long sleeved shirt and sunglasses. Be sure you go home with good memories, rather than a nasty dose of sunburn.”

“Did you know that a baseball cap won’t protect your neck, ears or sides of the face from sunburn? Wear a wide brimmed or bucket hat instead and be SunSmart”

“Did you know that the sun is dangerous when the UV level is 3 or above? That means long clothing, hats, sunscreen, shade and sunnies are needed to be SunSmart.”

“Don’t let the temperature fool you. UV from the sun can be high even on cool or cloudy days. When the UV Index is 3 or above, be SunSmart.”

“When found early, most skin cancer can be treated successfully. So check your skin regularly and if you notice any unusual changes, see your doctor, and don’t forget to be SunSmart.”

“Have you slopped on sunscreen today? Don’t forget to reapply every 2 hours, or more often if you’re swimming.”

“Did you know there’s no such thing as wind burn? It’s just sunburn on a windy day! So don’t forget to check the UV Index, and if it’s 3 or above, be SunSmart.”

“Nearly all skin cancers can be prevented by protecting your skin from damaging UV radiation. Remember to Slip, Slop, Slap, Seek and Slide and be SunSmart.”

“Shade is a great way to reduce UV damage to your skin. Try to find a shady spot in the middle of the day when the UV is at its highest.”

“Parents – make sure your children are well protected from the sun. The UV is strong enough to do some damage today.”

“Make sure you don’t leave here today looking like a lobster! Throw on a shirt, sunnies and a brimmed hat, find some shade and use heaps of sunscreen.”

“If you’re relying on sunscreen to stop yourself getting burnt, you’re taking a risk. The safest way to protect your skin if you’re outside is to wear a brimmed hat, a long sleeve shirt and sunglasses, and to use shade. Don’t rely on sunscreen alone to be SunSmart.”

“Have you checked the UV Index today? When it’s 3 or above unprotected skin can be damaged.”

“Download the free SunSmart App from Cancer Council and check the UV index now. If it’s 3 or above, cover up.”

“Long clothing is the best sun protection. Add a broad brimmed hat, shade, sunglasses and sunscreen and you are all set.”

“Remember you can still get burnt on cool or cloudy days so cover up and be SunSmart.”

Pre-recorded audio files of public announcements are available. Contact SunSmart at [sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au)  
Check the UV Index at your location at [myuv.com.au](http://myuv.com.au)