



The End of May is “Hats off Day” for Canberra!

It's that time of the year when Cancer Council ACT reminds Canberrans of all ages that they can once again safely shed their hats *and* sunscreen without worrying about increasing their risk of skin cancer.

Cancer Council ACT's SunSmart Services Coordinator, David Wild, says “hats and other forms of sun protection including sunscreen are not generally necessary in Canberra during the period around June and July due to low levels of ultraviolet radiation at this time of the year”.

“A combination of sun protection measures is important when UV levels reach 3 or above, which can be damaging to unprotected skin and eyes”.

“Around the June and July period, average daily UV levels fall and stay below 3 in Canberra at a level that is not generally damaging to your skin and eyes.”

“Therefore, Cancer Council will be advising all **ACT primary schools** and early childhood services that they don't need to implement their usual sun protection strategies at this time of the year. We suggest children and staff put the sunscreen away and swap over their trusty old sun hat for a cosy warm beanie during this time of the year”.

“Cancer Council ACT is conscious that people shouldn't compromise their Vitamin D levels by adopting sun protection behaviour when it's not really necessary.”

To view the full media release go to: www.actcancer.org <<http://www.actcancer.org>>

To read more about the balance between sun protection and vitamin D go to:

<http://www.actcancer.org/sun-smart/vitamin-d.aspx>

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