



# Top ten sun protection myths

## MYTH 1:

Children need a lot of direct sun exposure or they will develop a Vitamin D deficiency.

False: Most children in Australia gets enough Vitamin D from their everyday activities, even when well protected with clothing, hats and sunscreen.

## MYTH 2:

If my baby is jaundiced or has nappy rash, exposure to direct sunlight is helpful.

False: Expose your baby's skin to fresh air, not direct sunlight. Jaundice should be monitored by a doctor.

## MYTH 3:

Sunscreen use may actually increase skin cancer rates.

False: Research shows that problems can arise if people use sunscreen to prolong their time in the sun. If used correctly, broad-spectrum sunscreen can lower skin cancer rates.

## MYTH 4:

My child has olive skin therefore they are not at risk of skin cancer.

False: Anyone, regardless of skin type, who spent their childhood in Australia is at high risk of developing skin cancer.

## MYTH 5:

I'm not that concerned about skin cancer because if it happens I'll see it, it's easy to treat and only old people get it.

False: Skin cancer can happen to you when you're young and treatment can result in permanent scarring. Check your skin regularly and consult your GP immediately if you notice any changes.

## MYTH 6:

It takes at least half an hour to get sunburnt.

False: In parts of Australia it is possible to get burnt in as little as 11 minutes, due to the high levels of UV radiation year round. It's important to be protected whenever you're out in the sun, even for short periods.

## MYTH 7:

Sunscreen is toxic.

False: There is no evidence of any harmful long-term effects associated with the use of Australian sunscreen. Cancer Council sunscreen has the least amount of chemicals possible.



## MYTH 8:

One application of sunscreen in the morning is enough.

False: No sunscreen provides 100% protection and it should always be used in conjunction with other sun protection methods. Sunscreen needs

to be reapplied every two hours.

## MYTH 9:

By using fake tan I'm darkening my skin so it's protected from the sun.

False: Fake tanning lotion is like dying your skin - the change is only external. There is no improvement in your body's ability to protect itself from the sun.

## MYTH 10:

You can't get burnt in the car or through a window.

False: Glass significantly reduces transmission of UVB rays, but only a third of UVA rays. Both UVA and UVB radiation contribute to sunburn and skin cancer.

To find out more visit [www.cancercouncil.com.au](http://www.cancercouncil.com.au) or phone the Helpline on 13 11 20.

Article by the Cancer Council NSW