

# From May, put sun gear away



***Autumn leaves are falling and so are Victoria's ultraviolet (UV) levels - so it's time to start thinking about your sun exposure and vitamin D over winter.***

From May to August in Victoria UV levels are typically low (below 3), so it's time to put sun hats and other sun protection gear away and get some sun for vitamin D. Vitamin D is essential for healthy bones, muscles and general wellbeing. The best natural source of vitamin D is the sun's UV.

Generally people need a daily dose of sun for about 20 minutes, preferably during the middle of the day. Those with naturally very dark skin may need more sun exposure.

Sun protection is not usually required at this time of year, unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

SunSmart's top winter vitamin D tips:

- Physical activity assists with production of vitamin D, so get the family outside and active in the middle of the day.
- Clothing acts as a barrier to vitamin D absorption, so put away the hat and roll up the sleeves when you're outdoors.
- Download [SunSmart's free app](#) to check the daily sun protection times and know when you do or don't need sun protection.
- No app? Check the weather section of the newspaper or visit [sunsmart.com.au](http://sunsmart.com.au) to find out when you do and don't need sun protection each day.
- If you are concerned about vitamin D, speak to your doctor for advice.

For more information visit [sunsmart.com.au](http://sunsmart.com.au) or call 13 11 20.

