Be SunSmart

Slip!
Slop!
Slap!
Seek!
Slide!
Protect your skin in five ways when the UV radiation level is 3 and above.

- Slip on clothes that cover your arms and legs.
- Slop on broad spectrum SPF 30+ sunscreen. Remember to reapply every 2 hours.
- Slap on a broad brimmed hat or one that covers your face, neck and ears.
- Seek shade.
- Slide on close fitting sunglasses.

For more information on skin cancer and how to prevent it contact Cancer Council Helpline 13 11 20

www.sunsmart.org.au