

The simplest way

...to protect your skin.

Did you know?

Sun exposure during the first 15 years of life significantly increases your chance of getting skin cancer later in life.

Be SunSmart

Always protect your skin when UV levels are 3 and above.



Protect yourself in five ways from skin cancer

- *Slip* on clothing that covers your shoulders, arms and legs.
- *Slop* on SPF30+ or higher broad spectrum water-resistant sunscreen.
- *Slap* on a broad brimmed, bucket or legionnaire hat that protects your face, ears and neck.
- *Seek* shade however you can, especially in the middle of the day.
- *Slide* on sunglasses that meet Australian Standard (AS1067).