The simplest way to look after your skin with sunscreen!

Did you know?
- Regular sunscreen use has been proven to reduce the risk of skin cancer.

Here are our 5 top tips!

- **Make sure your sunscreen is broad spectrum, water resistant and SPF 30+** – Although SPF 50+ is now available, SPF 30+ is still a great product and there is no need to throw it away!

- **Apply and re-apply** – Apply sunscreen at least 20 minutes before going outside, reapply every 2 hours.

- **Apply generously** – At least 1 teaspoon for each arm and leg, front and back of the body and half a teaspoon for face, neck and ears.

- **Remember** – Sunscreen is not a suit of armour. You also need to wear a sun safe hat and clothing, use shade and wear sunglasses.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.