The simplest way
...to protect your skin

Have you been sunburnt this summer?

Too many Aussies are still getting sunburnt. On a fine summer day, sunburn can occur in as little as 10 minutes and cause permanent damage to your skin.

What you need to know:
- The more often you are burnt, combined with your accumulated lifetime exposure to UV radiation, the higher your risk will be for developing skin cancer.
- You can’t see or feel UV radiation. It is present every day, can be high even if the temperature feels cool and can pass through clouds.
- Protect your skin in five simple steps! Slip on sun-safe clothing, slop on sunscreen, slap on a hat, seek shade and slide on your sunnies.

For information about SunSmart visit
sunsmartnsw.com.au

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

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Eat It To Beat It