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.

Slip  Slop  Slap  Seek  Slide

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).

To help keep your kids safe, check your school’s SunSmart status by heading to www.sunsmartnsw.com.au