







# Skin health sun smart tips





Cover as much skin as possible eg – shirts with long sleeves and high neck/collars



- **Ensure your sunscreen is broad spectrum and water resistant.**
- Apply sunscreen liberally to clean, dry skin at least 20 mins before going outside
- Reapply two (2) hourly

## **SLAP** on hat

Aim for a broad brimmed hat which provides coverage for face, neck and ears which are common spots for skin cancer

# **SEEK shade**

Staying in the shade whenever possible is an effective way to reduce your sun exposure.

# **SLIDE on some sunglasses**

Sunglasses and a broad brimmed hat worn together can reduce UV radiation exposure to the eyes by 98%. Wear Australian Standard (AS 1067) sunglasses outside during daylight hours.

## **Self-examination tips**

A = ASYMMETRY - Look for spots that are asymmetrical not round

B = BORDER - Look for spots with uneven borders

C = COLOUR – Look for spots with an unusual or uneven colour

D = DIAMETER - Look for sports that are larger than 7mm

E = EVOLVING - Look for spots that are changing in any way

If you notice anything suspicious or abnormal, get it checked by your GP as soon as possible.