Australia has one of the highest rates of melanoma in the world

Risk factors

Previous skin cancer Fair skin type that burns easily Lots of moles History of severe/blistering sunburns Family history of skin cancer Actively tan Lots of time spent outdoors unprotected Outdoor worker

The fairer your skin, the higher the risk

How much sun is enough?

Vitamin D is triggered by the sun touching the skin. It is needed for healthy bones and muscles.

When UV levels are below 3, sun protection is not recommended unless near reflective surfaces such as snow or outside for an hour or more.

UV levels above 3 – sun protection is recommended.

Sunscreen use should not put people at risk of vitamin D deficiency.

SLIP on clothing
The best barrier between your skin and the sun. Cover as much skin as possible. The tighter the fabric weave, the better the sun protection.

SLOP on sunscreen
SPF30 (or higher) broad-spectrum and water-resistant. Apply 20 minutes before you go outside. Use a generous amount. Reapply every 2 hours. Never rely on sunscreen alone – use all 5 steps for good sun protection! Check expiry date.

SLAP on a hat
Broad-brim to protect the face, head, neck and ears.

SEEK shade
Natural, built or portable, such as marquees and tents.

SLIDE on wrap-around sunglasses
Protect your eyes year-round.

Check the free SunSmart app to know when you do and don’t need sun protection.

sunsmart.com.au/app