

## How to protect your skin

**Seek shade.** Staying under cover is one of the best ways to protect yourself from the sun's damaging UV rays

**Slip on sun protective clothing.** Tightly woven, loose-fitting, and full length clothes are best for protection of exposed skin.

**Slap on a hat.** Wear a wide brimmed hat to protect your eyes, ears, face and the back of your neck.

**Slide on some sunglasses.** Ensure that your sunglasses meet the Australian Standard (AS/NZS1067:2003—category 2,3, or 4). Remember, your eyes can also be damaged by the sun's UV rays.

**Slop on sunscreen.** Choose a broad spectrum SPF30+ sunscreen. Reapply every 2 hours and 15 minutes before heading outdoors. Remember to use lip balm with SPF30+

**Avoid Sunlamps and Tanning Salons.** It's a good idea to avoid sources of artificial sources of UV light

## Know your skin

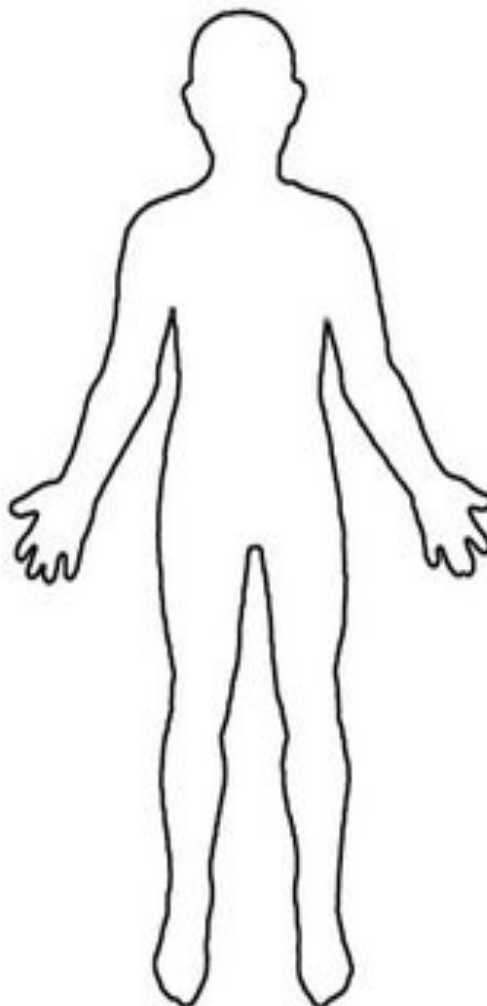
Use the diagrams below to mark and label any spots on your skin. Be sure to part your hair to check your scalp, your armpit, your back, under any skin folds including under the groin area as well as spaces between your toes. For women, remember to check under your breasts.

## Warning signs

Checklist:

- Change in size
- Change in shape
- Change in colour
- Red/Inflamed
- Surface feels like sandpaper
- Painful
- Itchy
- Bleeding
- Oozing

Front



Back

