

The simplest way

... to protect yourself from the sun.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

- **SLIP** on sun-protective clothing
- **SLOP** on SPF 30 sunscreen or higher
- **SLAP** on a broad-brimmed, bucket or legionnaire hat
- **SEEK** shade
- **SLIDE** on some wrap-around sunglasses

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au