

PROTECT YOURSELF FROM THE SUN

There are now **5** steps to protect you from the sun... **Slip! Slop! Slap! Seek! Slide!**

For best protection, a combination of the following sun protection measures should be followed.

- **Slip** on clothing that covers as much skin as possible. 
- **Slop** on SPF30+ or higher broad-spectrum water-resistant sunscreen. Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone. 
- **Slap** on a broad-brimmed hat that protects your face, ears and neck. 
- **Seek** shade whenever you can especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving). 
- **Slide** on sunglasses that meet Australian Standards. 

Information about Sunburn

- Always protect your skin when UV levels are 3 (moderate) and above.
- Sunburn is a radiation burn to the skin. Skin turns red within two to six hours of being burnt. It will continue to develop for the next **24 to 72 hours**. Eventually damaged skin cells self-destruct and peel off in tatty sheets. It is the body's way of getting rid of damaged skin cells that might develop into cancers.
- The amount of sun exposure required to cause sunburn varies greatly from person to person. People with a fair complexion tend to be more sensitive to the sun and burn more easily.
- In summer, a fair-skinned person can burn in as little as 11 minutes. People with darker skin are less sensitive to the sun and may rarely burn.
- Sunburn at any age, whether serious or mild, can cause permanent and irreversible skin damage that can lay the groundwork for skin cancer later in life.

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- Your lifetime tally of UV radiation exposure, together with the number of severe sunburns, increases your risk of skin cancer.

Applying sunscreen

- Apply sunscreen liberally – at least a teaspoon for each limb, front and back of the body and half a teaspoon for the face, neck and ears.
- Most people don't apply enough sunscreen resulting in only 50-80% of the protection stated on the product.

Symptoms and Diagnosis

The sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, in the case of a serious melanoma or other skin cancer, potential disfigurement or even death.

It is also a good idea to talk to your doctor about your level of risk and for advice on early detection.

Become familiar with the look of your skin, so you pick up any changes that might suggest a skin cancer.

Look for:

- any crusty, non-healing sores
- small lumps that are red, pale or pearly in colour
- new spots, freckles or any moles changing in colour, thickness or shape over a period of weeks to months (especially those dark brown to black, red or blue-black in colour).

If you notice any changes consult your doctor. Your doctor may perform a biopsy (remove a small sample of tissue for examination under a microscope) or refer you to a specialist if he/she suspects a skin cancer.



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