

**The sun's ultraviolet radiation (UV) can cause skin and eye damage and skin cancer. You can't see or feel UV. It can be scattered and reflected so can reach you even in the shade. Whatever the weather, when the UV is 3 and above, use all five forms of sun protection.**



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**

## **SPF**

Sun Protection Factor.  
Choose SPF30, 50 or 50+.

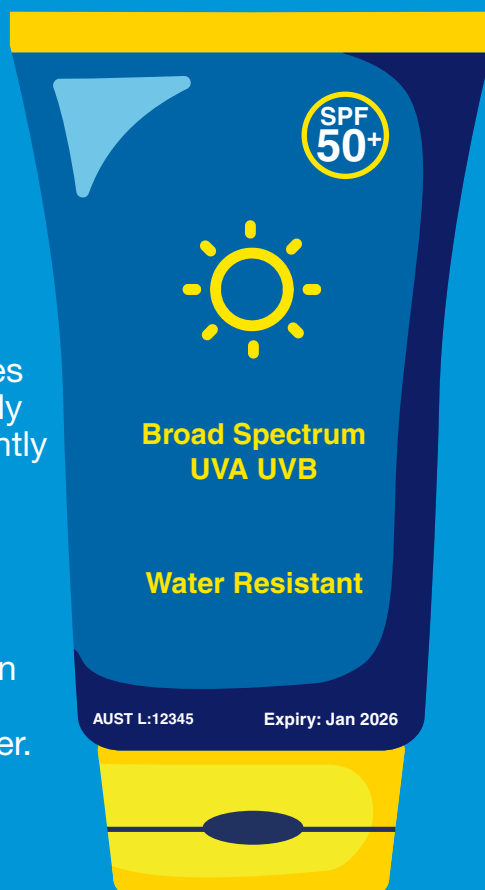
## **Application**

Apply a generous amount of sunscreen to any skin not protected by clothing.

Apply sunscreen about 20 minutes before going outdoors and reapply every TWO hours or more frequently if sweating or in water.

## **AUST L**

In Australia, sunscreens are regulated by the Australian Therapeutic Goods Administration (TGA). Always check for the AUST L (Australia Licence) number.



## **Water Resistant**

Four hours water resistance does not equal four hours UV protection. Always reapply after swimming.

## **Storage**

To help keep sunscreen stable, store it below 30 degrees.

## **Expiry**

Always check the date to make sure the sunscreen hasn't expired.

## **Broad Spectrum**

Protects against UVA and UVB radiation.

**Even when wearing a hat, apply sunscreen to help protect from scattered and reflected UV reaching the face, neck and ears.**

**DNA damage that causes skin cancer accumulates with repeated UV exposure. Apply sunscreen daily.**