

# Got your sunscreen on?



SLIP



SLOP



SLAP



SEEK



SLIDE

Much like brushing your teeth, sunscreen should be a part of your daily routine.

## When to apply?



At least 20 minutes before UV exposure.



Reapply every 2 hours and after swimming, sweating or towel drying.

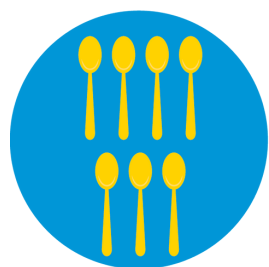
## How much sunscreen is enough?



Use at least one teaspoon (5mL) per exposed limb, torso front and back, and face.



This means that you need 7 teaspoons (35 mL) for a full body.



=



FRONT

+



BACK

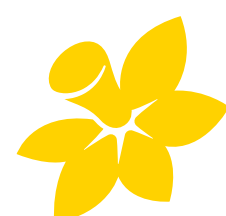
## Do a patch test.

When using sunscreen for the first time test on a small section of skin. If irritation occurs, discontinue use. Always read the label. Follow the directions for use. Avoid prolonged sun exposure.

**Sunscreen is not a suit of armour. When the UV is 3 or above, protect your skin in five ways.**



Aboriginal Respect Symbol. Designed by Marcus Lee Design for Cancer Council NSW.



**Cancer Council**