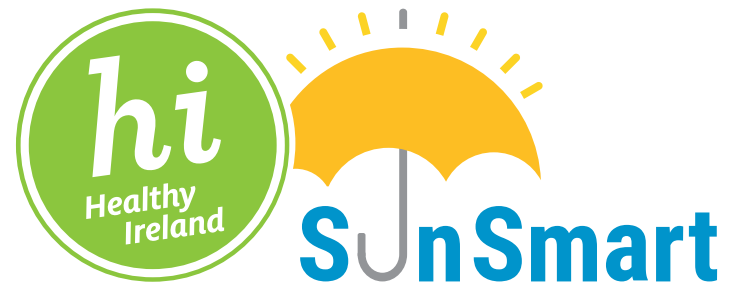


Follow the SunSmart 5 S's to reduce your risk of skin cancer



Slip on clothing that covers
your skin



Slop on sunscreen on exposed
areas using factor 30+ for adults
and 50+ for children



Slap on a wide-brimmed hat



Seek shade – especially if outdoors
between 11am and 3pm



Slide on sunglasses

Do not deliberately try to get a suntan.
Avoid getting a sunburn. Never use a sunbed.