

BEACH, PARK, BACKYARD, WORK,
THERE'S A SUNSCREEN FOR EVERYONE!

PROTECT YOURSELF IN
FIVE WAYS FROM SKIN CANCER.



SLIP
on sun-protective clothing



SLOP
on SPF30 or above sunscreen



SLAP
on a broad-brim hat



SEEK
some shade



SLIDE
on some sunglasses



Always read the label. Follow the directions for use. Avoid prolonged sun exposure and always wear protective clothing, a broad-brim hat, and eyewear when out in the sun.



For more information visit cancer.org.au

CORRECT SUNSCREEN APPLICATION



For more information visit
cancer.org.au

Every purchase
goes towards cancer
research and services.



Always read the label. Follow the directions for use.

ASMI 30231-0719

Apply sunscreen at least
20 minutes
before sun exposure



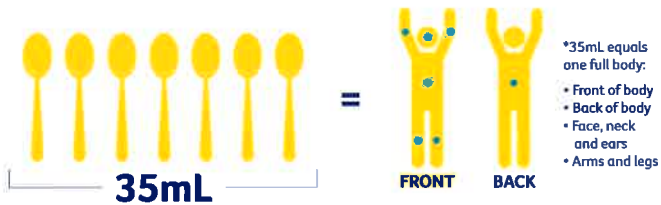
=5 mL

One teaspoon is equal
to 5mL of sunscreen



You need at least
7 teaspoons
for a full body application.
One for each arm, each leg,
your front, your back,
face, neck and ears.

This means a full body application*
is **35mL of sunscreen**



For Cancer Council
110mL tube, this
is approx. 3 full
body applications



Reapply sunscreen after
2 hours, or sooner
if you've been swimming,
sweating or towel drying

Do a test
if it's a first time use,
or if you're applying to
sensitive skin. If irritation
occurs, discontinue use.

