

# Spot the difference

Remember to check your skin regularly.

See your doctor if you notice a freckle, mole or lump that is **NEW** or **CHANGING** in size, shape or colour.



See your doctor if you notice a freckle, mole or lump that is **NEW** or **CHANGING** in size, shape, or colour; or a sore that does not heal over 4-6 weeks.

Use a mirror to check hard to see places, like your back and scalp, or get a family member, partner or friend to check for you.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

**Stay SunSmart every day**

It's never too late to protect your skin. By following these simple steps when outdoors you can reduce your exposure to ultraviolet (UV) radiation. And help prevent skin cancer, premature ageing and skin damage.

*This is intended as a guide only – consult your doctor regarding any concerning spots.*

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**13 11 20**  
cancerqld.org.au

 **Cancer Council**  
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