



Stay SunSmart Everyday

**HAVE YOU
APPLIED
SPF30+?**

- Protect your skin when UV levels are 3 or above.
- Apply sunscreen 20 minutes before going outdoors.
- Slip Slop Slap Seek and Slide every day in Queensland.

cancerqld.org.au/lifestyle6

LIFESTYLE 6
Reduce your risk

An initiative of
**Cancer
Council
Queensland**