

MELANOMA

is the **most dangerous** type of skin cancer and is the **most common cancer diagnosed in people aged 15-29.**



Australian teens have the **HIGHEST LEVELS OF MELANOMA** in the world.

Skin cancer is Australia's silent killer with almost **twice as many people dying from skin cancer** than road accidents each year.



Skin cancer is **serious** and can lead to **SURGERY, CHEMOTHERAPY, PERMANENT SCARRING** and can **spread** to other parts of your body.

SAFE OR HEALTHY TANS DON'T EXIST!

Tanning and sunburn are evidence of **damage to your DNA** leading to **wrinkles** and **potential skin cancer** - with damage occurring in as little as **10 minutes.**



IT ISN'T ALL BAD NEWS...

you can still enjoy outdoor activities by **remembering to be SunSmart!**

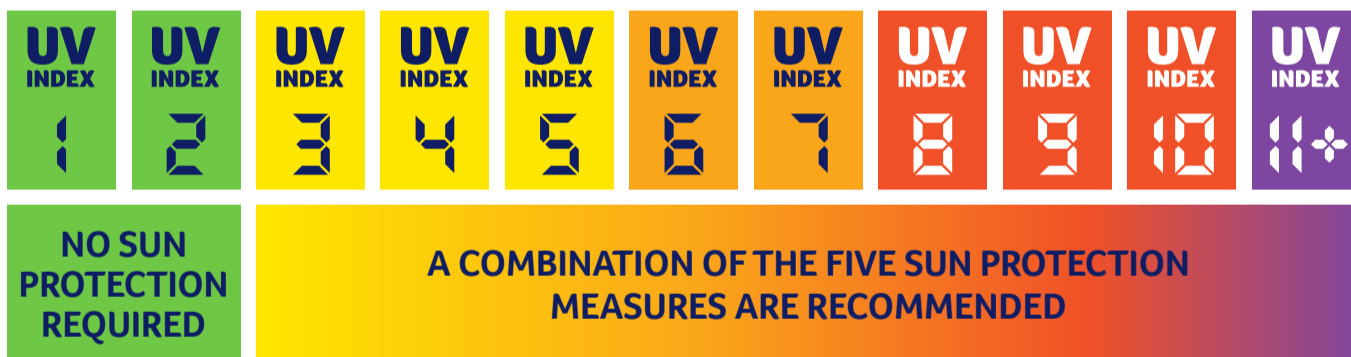
PROTECTION IS BETTER THAN THE CURE

WHAT IS UV?

UV radiation is part of the natural energy produced by the sun. You can see the sun's light. You can feel the sun's heat. **But you can't see or feel the sun's UV radiation so it can cause damage without us knowing.**

It's not just on hot days when you need to protect yourself from the sun's harmful rays. **It's important to check the UV** - and use a combination of the **five sun protection measures** when the UV is 3 or above.

BE SUNSMART WHEN THE UV IS 3 OR ABOVE!



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



SLIP



SLOP



SLAP

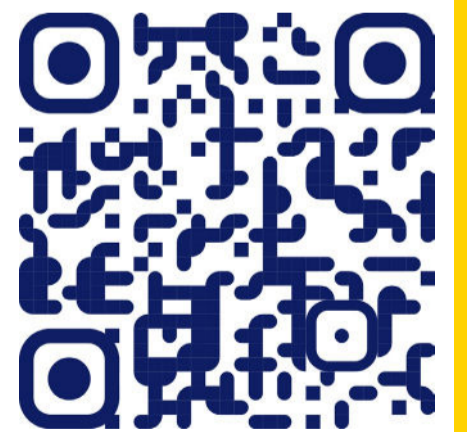


SEEK



SLIDE

Scan with your phone to download the SunSmart app and learn how to protect yourself from skin damage.



myUV.com.au

