Australia has the highest rate of skin cancer in the world. The majority of skin cancers in Australia are caused by exposure to ultraviolet (UV) radiation from the sun.

Protect yourself in 5 easy steps

- **Slip** on sun protective clothing
- **Slop** on SPF30+ sunscreen. Reapply every two hours
- **Slap** on a broad-brimmed hat
- **Seek** shade
- **Slide** on wrap-around sunglasses

Check your skin regularly and see your doctor immediately if you notice a spot that has changed in size, shape or colour.