Why slop on sunscreen?

- A wide brimmed hat can protect from the sun’s direct UV but UV can also be scattered and reflected so even with a hat, *UV can still reach the face.*
- Sunscreen helps protect the face and areas of skin not covered by clothing. If you can see skin, *UV can reach it!*
- The arms, legs, head and neck are *common sites for skin cancer.*
- Regular use of sunscreen has been shown to *reduce the incidence* of melanoma and squamous cell carcinoma, both in the short and long term.
- Sunscreen use is also *protective against* skin damage, sun spots, discolouration and wrinkles.

Sunscreen tips

- Always use sunscreen with other sun protection measures – don’t just rely on sunscreen alone.
- Try a pump pack or roll on (they are usually easier to use).
- Check the use by date.
- Have a mirror so children can see what they are doing.
- Appoint sunscreen buddies so children can help each other.
- Apply sunscreen to all parts of skin not covered by clothing.
- Whenever possible, try to apply 20 minutes before going outside.
- Reapply sunscreen every *TWO* hours even if the stated level of water resistance is four hours.
- Store sunscreen in a cool place.
- Add sunscreen to the school booklist.

Visit sunsmart.com.au or call 13 11 20