YOUR SUMMER CHECKLIST

Before you head outdoors

- [ ] **SLIP** on long sleeves and long pants that sit close to the skin
- [ ] **SLOP** on broad-spectrum SPF50+ sunscreen on exposed skin
- [ ] **SLAP** on a broad-brimmed hat
- [ ] **SLIDE** on wraparound sunglasses
- [ ] **SEEK** effective shade – and add a side wall to your beach shelter

Check the **SunSmart Global UV app** regarding the UV Index rating when you are heading outdoors

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Noticed a new or changing spot?
Don't wait – book a skin check.

A materials licence agreement was obtained from the Cancer Council Victoria to circulate this brochure

PATIENT INFORMATION

Preparing for Summer Outdoors

Don't rely on one method

SLIP · SLOP · SLAP · SLIDE · SEEK

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STEP 1

SLIP

Slip on sun-protective clothing – long sleeves, long pants that are close to the skin.

> That is the **first line of defence** against UV.

STEP 2

SLOP

Slop on broad-spectrum SPF50+ sunscreen on the skin your clothing doesn't cover – hands, face, ears and neck – before heading outdoors.

Reapply after 2 hours and after swimming and towel drying.

STEP 3

SLAP

Slap on a broad-brimmed hat.

STEP 4

SLIDE

Slide on sunglasses – wraparound styles reduce UV getting in the sides.

STEP 5

SEEK

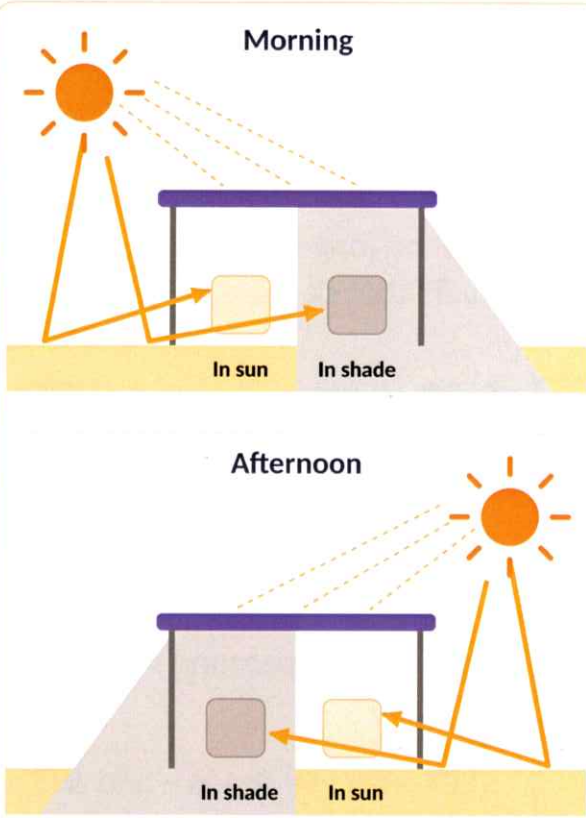
Seek effective shade if you have to be outdoors.

Reflection matters. Sand and water reflect a lot of UV, so portable beach shelters with open sides let UV in and can result in sunburn. Even sitting in the shady part on the sand lets reflected UV reach you.

No single method is enough.
Use them together.

Clothing, sunscreen, a hat, sunglasses and shade each protect different parts of you – and each has gaps on its own.

HOW REFLECTED UV REACHES YOU



Yellow lines show UV bouncing off the sand and reaching you through the open sides – even the chair in the shade.

Add a side shade wall. You can buy or make one to reduce your UV exposure.