

# Protect yourself in **FIVE** ways from skin cancer

**Slip**



**Slop**



**Slap**



**Seek**



**Slide**



Avoid the sun in the middle of the day.

# Always be SunSmart and AVOID skin cancer



Seek shade whenever you can.



Broad-brimmed hat.



A shirt with collar  
and sleeves



Sunglasses.



SPF 30+ sunscreen.



**Cancer  
Council**  
Queensland

[www.cancerqld.org.au](http://www.cancerqld.org.au)