

STAY SUN SAFE



Melanoma

Join the

Movement

Most melanomas are caused by overexposure to UV radiation from the sun. Protecting your skin from the harsh UV rays is an easy way to reduce your risk of melanoma.

Preventative measures include:



Avoid the sun or use protective measures when the UV index is higher than 3



Use a minimum of SPF50+ broad spectrum (UVA and UVB) on all areas of exposed skin



Wear sun-protective-clothing



Wear a broad-brimmed-hat



Wear sunglasses



Perform regular self-skin checks



Find out more and join the Melanoma Movement today
melanomapatients.org.au
National Melanoma Support Line: 1300 88 44 50