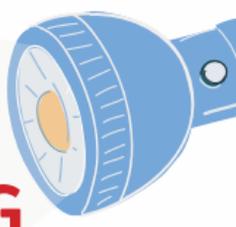


## NATIONAL MELANOMA HUNT

## Finder's Guide



3 0 3 6

MISSING  
MELANOMAS

An estimated 3,036 melanomas were missed during the 2020 COVID-19 pandemic in Australia\*.

## Join the Hunt!

Make monthly skin checks a new habit for your new normal.

## This guide shows you how to:

1. Recognise the warning signs of melanoma skin cancer
2. Conduct a full-body skin self-exam
3. Access our skin check tools
4. Share this guide with loved ones.



## Melanoma check for the signs

## WHAT TO LOOK FOR:

**A** Is the spot asymmetric?**B** Does it have uneven borders?**C** Does it contain different colours?**D** Is it larger than 6mm in diameter?**E** Is there an evolution in growth?

## Conducting a skin self-exam

## HOW TO LOOK FOR:

**1**

Look at your face, including your nose, lips, mouth and on and behind your ears.

**2**

Check your scalp, using a comb to part your hair. If you do not have much hair, check your entire scalp very thoroughly.

**3**

Check the front and back of your hands and in between your fingers.

**4**

Then focus on your neck, chest and upper body. Women, be sure to check between and underneath your breasts.

**5**

Bend your elbow to check your upper arm and armpits.

**6**

Use your hand mirror to check the back of your neck and your back, top and bottom.

**7**

Check your buttocks and the back of your legs. Finish by checking the soles of your feet and in between your toes.

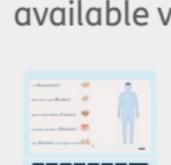


## Use the skin check tools

It only takes **10 minutes** to conduct a skin exam

↑ that could save your life.

Whenever you need it, the guidance above is also available via our two Skin Check tools:



## Skin check video

Step by step, you'll be guided through your skin check. Just hit play and follow the friendly instructions.



## Skin check voice app

Time for your skin self-exam? Amazon's Alexa and Google's Assistant can now help.

- For Alexa, search 'Skin Check' in your Amazon account on your computer, then simply say: **"Alexa, open skin check"**.

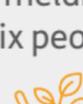
- For Google, simply say: **"Hey Google, talk to skin check"**.

## SHARE THE GUIDE

## Spread the word

Help make the National Melanoma Hunt **GO VIRAL** in a good way.

To find the Australia's missing melanomas, please send this Finder's Guide to at least six people you know and love.

Someone who...  
**Loves to sunbathe**Someone who...  
**Loves gardening**Someone with...  
**non-melanoma skin cancer**Someone who...  
**works outdoors**Someone who...  
**has melanoma in the family**Someone who...  
**does outdoor sports**

If you care, share and encourage people to do the same.

JOIN THE HUNT



Find out more and join the National Melanoma Hunt

[melanomapatients.org.au](http://melanomapatients.org.au)

National Melanoma Support Line: 1300 88 44 50

Brought to you by:

