



## DON'T LET YOUR TIME IN THE SUN CATCH UP WITH YOU.

When you spend time in the sun without protection, you're increasing your risk of skin cancer. It doesn't matter whether you're at the beach, at the park, or simply in the backyard – it all adds up. So always protect yourself in five ways with a hat, clothing, shade, sunglasses and sunscreen. [australia.gov.au/skincancer](http://australia.gov.au/skincancer)



**PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER**



Australian Government