



Australian Government



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

An Important Message on Sun Protection from Home and Away

- Super:** National Skin Cancer Awareness Campaign
What's the big deal about skin cancer?
- Indiana Evans:** Melanoma is the most common form of life threatening cancer in 15 to 24 year olds.
- Super:** How to protect yourself from the sun?
- Bobby Morley:** And it's not just about wearing sunscreen or sunnies. It's about wearing protective clothing, standing in the shade and wearing a hat. So if you remember those five simple things to protect yourself from the sun you're set for a great summer ... if you're going somewhere cool.
- Super:** When do you need to protect yourself from the sun?
- Bobby Morley:** And you need to protect yourself at all times, not just in summer or when you are at the beach. It could even be on a cloudy day ...
- Indiana Evans:** for any amount of time. I always think about protecting myself in the sun when I go to the beach, or outdoor markets ...
- Bobby Morley:** Or when I go rock climbing on the weekends and you guys should too.
- Indiana Evans:** Go rock climbing?
- Bobby Morley:** No. Protect yourself from the sun. Yeah.
- Super:** The National Skin Cancer Awareness Campaign, Protect Yourself in Five from Skin Cancer, logo.