

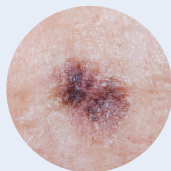


## BE SUN SMART, HAVE YOUR SKIN CHECKED

Check your skin every new season and see a doctor if you notice a growing spot or a spot which has changed in size, colour or shape.

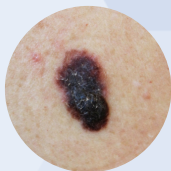
Skin cancers can appear anywhere on your body, not just in areas exposed to the sun.

### WARNING SIGNS



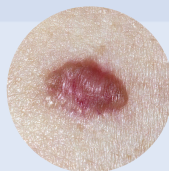
#### Melanoma

- irregular edges and shape
- uneven colour
- can appear on skin not exposed to sun



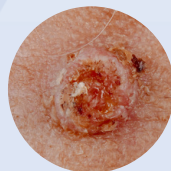
#### Nodular melanoma

- grows quickly
- raised
- can be pink, red, brown or black



#### Basal cell carcinoma

- red, pale or pearly
- dry, scaly patch
- non-healing sore



#### Squamous cell carcinoma

- thickened, red and scaly
- tender when touched



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<https://www.skinhealthinstitute.org.au/>

Scan the QR Code to learn more about the various skin cancers, prevention and warning signs.

# UV RADIATION

## KNOW WHEN TO PROTECT YOUR SKIN

Ultraviolet (UV) radiation is a form of energy produced by the sun.

UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.

Use the SunSmart app to check when to protect your skin.

Vitamin D can be safely obtained when the UV is less than 3

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								

## MOST SKIN CANCERS CAN BE PREVENTED DURING SUN PROTECTION TIMES



SLIP



SLOP



SLAP



SEEK



SLIDE

