



Five ways to be sun safe

In Queensland the levels of [ultraviolet radiation](https://www.qld.gov.au/health/staying-healthy/environmental/sun/uv) (<https://www.qld.gov.au/health/staying-healthy/environmental/sun/uv>) (UVR) from the sun are high enough to damage your skin all year round, so it is important to use the five recommended sun protection methods whenever you are outside. You can be exposed to UVR from the sun through everyday activities like walking to the shop, waiting for the bus and hanging out washing. This exposure adds up and increases your risk of developing skin cancer.

Skin cancer is a serious disease that can cause disfigurement or death, but reducing your risk is easy.

Most of us know to 'slip slop slap', but did you know there are actually 5 ways to protect yourself from the sun?

- [Slip on a shirt](https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#clothing) (<https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#clothing>)
- [Slop on broad spectrum SPF 30 or higher sunscreen](https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#sunscreen) (<https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#sunscreen>)
- [Slap on a broad-brimmed hat](https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#hats) (<https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#hats>)
- [Seek shade](https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#shade) (<https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#shade>)
- [Slide on some sunglasses](https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#sunglasses) (<https://www.qld.gov.au/health/staying-healthy/environmental/sun/how#sunglasses>).



From: <https://www.qld.gov.au/health/staying-healthy/environmental/sun/how>