

Protect your skin

Overexposure to ultra violet light causes 95% of melanoma – pretty clear proof that prevention is key to avoiding it. The best way to prevent melanoma is to protect your skin from the sun.



Seek shade, especially in the hottest part of the day.




Wear a **broad-brimmed hat**.



Wear wrap-around **sunglasses**.



Wear **sun-protective clothing** that covers your back, shoulders, arms and legs.



Apply a **broad-spectrum sunscreen** with an SPF of at least 50+ every 2 hours and after swimming or exercise.

Learn more about melanoma and prevention at [melanoma.org.au](https://www.melanoma.org.au)

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