

FOR IMMEDIATE RELEASE**April 01, 2026****“Don’t take a holiday from sun protection”:** Australians urged to still
‘Slip, Slop, Slap, Seek and Slide’ this long weekend**UV remains a risk in Autumn, reminds Cancer Council**

Ahead of this long weekend from Friday, April 03 to Monday 06, Cancer Council is urging Australians to protect their skin from dangerous UV rays to prevent future skin cancers.

Australia has the highest rate of skin cancer in the world. Every year nearly 2,000 Australians die from skin cancer, caused mostly by overexposure to ultraviolet (UV) radiation. The damage to your skin is not related to temperature – meaning you can still get sunburnt on cooler days.

UV can’t be seen or felt and is present even on cooler or overcast days. This makes UV radiation especially dangerous, when the UV is 3 or above, it is strong enough to start causing damage to your skin.

Therefore, no matter how you spend time outdoors this long weekend, all five sun protection habits must be used whenever the UV Index is 3 or above for your best defence against harmful UV rays.

Chief Executive Officer at Cancer Council Australia, Jacinta Reddan, said, “It’s essential that Australians don’t take a holiday from sun protection. Damaging UV levels can be present all year round, not just in summer, and even on overcast days. So, no matter how you plan to enjoy the outdoors this long weekend, it’s crucial you protect yourself from harmful UV rays.

“Skin cancer is almost entirely preventable when we take up a sun protection routine. Always check the UV Index before going outside, and when it’s 3 or above, make sure to use all five sun protection habits.

“Slip on sun protective clothing, Slop on broad spectrum, water resistant, SPF50 or SPF50+ sunscreen, Slap on broad-brimmed hat, Seek shade when possible, and Slide on sunglasses. Two in 3 Australians will be diagnosed with skin cancer in their lifetime, but thankfully we can all reduce our risk by taking up these five simple habits.”

-ENDS-**Contact details**

For all media enquiries and interview opportunities, please contact:

Cancer Council Australia, media@cancer.org.au

02 8256 4109 (redirects to mobile outside of business hours)

About Cancer Council Australia

Cancer Council Australia is Australia's leading cancer charity, working to reduce the impact of cancer for all Australians. Cancer Council Australia works with its members, the eight state and territory Cancer Councils to:

- Undertake and fund cancer research
- Prevent and control cancer
- Provide information and support for people affected by cancer
- Shape and influence policy and practice

Find out more at cancer.org.au, or visit our [Facebook](#), [Instagram](#), [Twitter](#) or [LinkedIn](#).