

## Key Points for

# SUNSMART FAMILIES

- Our New Zealand summer sun is very fierce, especially in the north of the country.
- The layer of ozone which screens UV rays from the earth has decreased by a tenth in the past 20 years.
- We enjoy an outdoor lifestyle but this often means we end up with sunburn from the sun's dangerous UV rays.
- We now know the main cause of melanoma and other skin cancers is sunburn.
- New Zealand has the highest rate of deaths from melanoma in the world.

**Make sure your whole family is SunSmart! That way you'll have fun this summer without anyone getting sunburned.**

When out in the sun remember to **slip, slop, slap, wrap**



**Slip** into some shade, especially in the hottest part of the day, between 11.00am and 4.00pm.



**Slip** into cover up clothes



**Slop** on some sunscreen before going outdoors. Put sunscreen on any skin not covered by clothes.



**Slap** on a hat with a brim or cap with flaps. More people get burned on the face and neck than any other part of the body, so a good hat is important

- Choose a sunscreen which has the Australian and New Zealand Standard AS/NZS 2604:1993
- Use an SPF30+ broad spectrum sunscreen
- Wipe it on thickly. Don't rub it in too hard
- Put on more sunscreen often, especially if you sweat or rub it off
- Sunscreen will protect you for only about two to three hours. After that you can start to burn, even if you put more sunscreen on.



**Wrap** on a pair of sunglasses. Choose close fitting, wrap around glasses which meet the Australian Standard AS1067:1990

Take these simple steps to being a SunSmart family and enjoy this summer  
- and many more summers to come!