

Never let your child get sunburnt.



A child's sunburn now could lead
to melanoma skin cancer later in life.

Be SunSmart
Slip, Slop, Slap
and Wrap

www.sunsmart.org.nz



SUNSMART



Cancer
Society



MELANOMA
FOUNDATION
OF NEW ZEALAND

You don't have to be bright red to be sunburnt. Any change of colour can indicate skin damage.

Be SunSmart during September to April, especially between 10am to 4pm when the sun's UV rays are most fierce.

SLIP into a shirt and shade.

SLOP on plenty of sunscreen at least 15 minutes before going outdoors.

- Use broad-spectrum SPF30+ sunscreen.
- Reapply sunscreen every 2 hours and after being in water or sweating.
- Sunscreen should be used to reduce the risk of skin damage – not as a means to stay out in the sun longer.

SLAP on a hat with a wide brim or a cap with flaps. More people get sunburn on the face and neck than any other part of the body.

WRAP on a pair of wrap-around sunglasses.

For more SunSmart tips go to:
www.sunsmart.org.nz

