

Never let your child get sunburnt.



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

Be SunSmart
Slip, Slop, Slap and Wrap.

www.sunsmart.org.nz



SUNSMART



**Cancer
Society**

Remember, you don't have to be bright red to be sunburnt. Any change of colour, even a light pink can lead to skin damage.

Always follow the SunSmart rules:

SLIP into a shirt - and slip into some shade, especially between 11am and 4pm when the ultraviolet rays are most fierce.

SLOP on some sunscreen before going outdoors.

- Put sunscreen on any skin not covered by clothes.
- Choose a sunscreen that meets the Australian and New Zealand Standard AS/NZS2604.
- Use an SPF30+ broad-spectrum sunscreen. Wipe it on thickly at least 15 minutes before going outdoors.
- Reapply; do this 15 minutes after the first application to ensure complete coverage, and also after physical activity, swimming or towel drying.
- Sunscreen should not be used as a means of staying out in the sun longer, but as a way to reduce the risk of sun damage to the skin when exposure to the summer sun is unavoidable.

SLAP on a hat with a wide brim or a 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.

WRAP on a pair of sunglasses. Choose close fitting, wraparound glasses that meet the Australian Standard AS1067.

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

