



Be SunSmart this summer

Wear a SunSmart sunhat

SunSmart hats protect your head, neck, face and ears.

They are

- wide brimmed hats
- bucket type hats
- legionnaire type hats.

Baseball caps are NOT SunSmart as they leave the ears and the neck unprotected.

Sunhats need to be comfortable to wear and stay on when you are active.

Wear SunSmart clothing

SunSmart clothing protects your front, back, upper arms and legs.

Examples of SunSmart clothing are tops with collars and longer sleeves and longer shorts or skirts
- **NOT** singlets, spaghetti straps, short tops, or no shirts.



Use sunscreen

Put some sunscreen on any area of skin not covered by clothes.

Use a sunscreen labeled broad spectrum SPF30 + as this will protect your skin from UVA & UVB radiation. Reapply sunscreen every two hours and after exercise.



Put the sunscreen on at least 20 minutes before you go out into the sun.

Apply a teaspoonful to each arm, leg, front of body and back of body not covered by clothing. Apply half a teaspoon to the face, including ears and neck.

Do not leave the sunscreen in hot places like the car, or in the sun on the beach.

Wear sunglasses


You and your family may choose to wear sunglasses to protect your eyes. These should meet AS/NZ standard 1067.


Shade


Between 11am and 4pm when children are playing outside, whenever possible, have them play in the shade.


Swimming and other water activities

On outings at beaches, rivers and pools make sure your family

 is in the shade whenever possible. You might take portable shade like sun umbrellas with you.

 wears SunSmart hats. If possible, get children to wear hats even when they are playing in the water. They should also wear sunscreen on their face because water reflects UVR.

 wears SunSmart clothing. You can buy sun protective swimsuits and rash vests for children that keep their shoulders, backs, fronts and tops of the legs covered.

 has broad spectrum SPF 30+ sunscreen on any skin not covered by clothing. Use water resistant sunscreen and put on more sunscreen after you have been in the water.

When you and your children have been in the water change into dry SunSmart clothing. A wet swim suit gives less protection from UV radiation as when it is dry.

If you have an inflatable pool at home, check that it is in the shade between 11am and 4 pm.



Sarah Christie and her children.

From the beginning of October to the end of March, especially between 11am and 4pm, we need to be SunSmart.

We need to protect our families from the sun's ultraviolet radiation (UVR).

Who needs to be SunSmart?

Everybody needs to be SunSmart.

People with fair skin need to be especially SunSmart. People with darker skin also need to be SunSmart, as they can still get burned.

We need to make sure babies and young children do not get burned by the sun. Being sunburned as a baby or child increases the risk of developing skin cancers when you are older.

