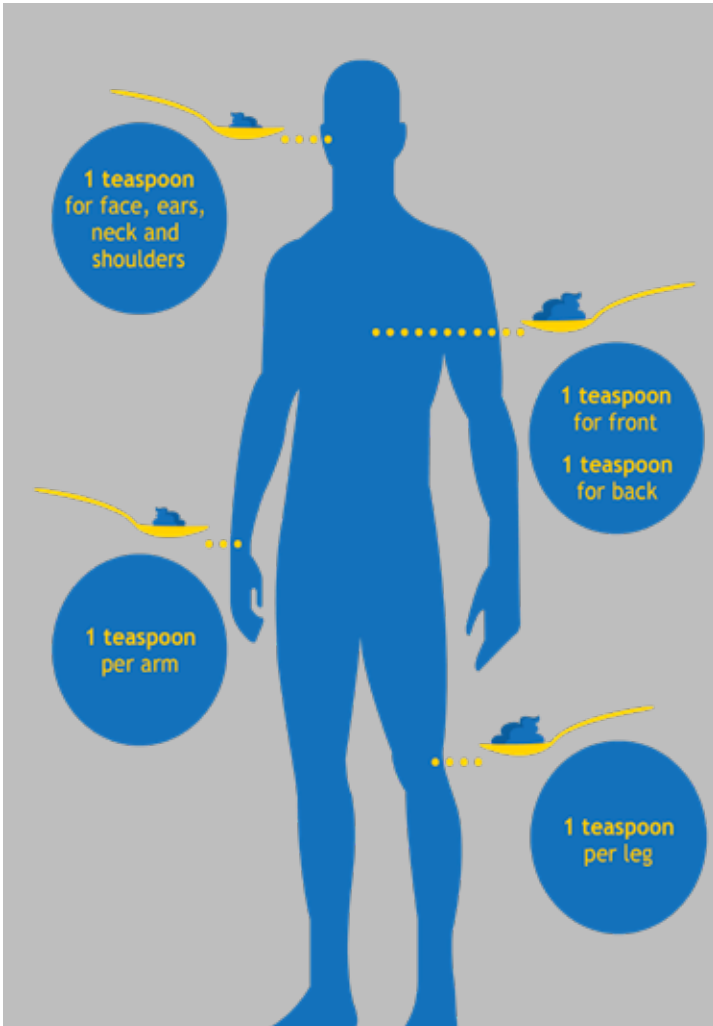


# Protecting your skin.kiri whakahaumarū



**Over-exposure to UV radiation from the sun can cause permanent skin damage. Levels of UV radiation in New Zealand are high. Skin cancer can develop when skin cells have been damaged, for example by exposure to ultraviolet (UV) radiation.**

E āhei ana te whanaketanga o te matepukupuku o te kiri inā kua whara ngā pūtau kiri, hei tauira atu, mā te mārakerake ki te iraruke (UV). This information sheet looks at ways to protect your skin and body from UV.

### Use sunscreen

- between 10am-4.00pm from September – April
- when UVR levels are 3 or more
- and when near the water or high altitudes where reflections increase UV radiation.

### Applying sunscreen

The average-sized adult should apply at least one teaspoon to each arm, to the head including face, ears and neck), and at least a teaspoon to each leg, the front and the back of the body.

Sunscreen should be reapplied every two hours when you are outdoors and more often if you are sweating or in the water.

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Find out the UV level through the [Sun Protection Alert](#) or download the [uv2Day App](#) onto your phone.

## Slip, slop, slap and wrap!

Remember to be SunSmart



 <p><b>SLIP</b> on a shirt with long sleeves and a collar</p>	 <p><b>SLIP</b> into the shade of an umbrella or leafy tree</p>	 <p><b>SLOP</b> on broad-spectrum, water resistant sunscreen of at least SPF 30</p>	 <p><b>SLAP</b> on a hat with a wide brim</p>	 <p><b>WRAP</b> on close fitting sunglasses that protect against UV radiation</p>
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