

# Never get sunburnt



**Slip, slop, slap  
and wrap**

# No matter what your skin type, sunburn now could lead to melanoma later in life.

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

Always follow the SunSmart rules:



**Slip** on a shirt. It is important to dress carefully for the summer sun and wear clothing that protects your face, neck, arms and legs.



**Slip** into some shade, especially between 11am and 4pm when the sun's 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 outside.
- Reapply. Do this 15 minutes after the first application to make sure you have full coverage. Also reapply 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 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, wrap-around glasses that meet the Australian Standard AS 1067.

Find out more at [sunsmart.org.nz](http://sunsmart.org.nz)