



Waikato/Bay of Plenty Division
Cancer Society of New Zealand
Inc.

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SunSmart Week A Reminder To Be Safe In the Sun

With summer on its way Ultra Violet radiation levels will be rising so SunSmart Week (11th – 17th November) is here as a timely reminder to us all to take care in the sun this summer.

Jo Bell, Waikato/Bay of Plenty Cancer Society spokesperson, says News Zealanders have a high risk of developing a skin cancer during their lifetime.

“Skin cancer is the most common cancer in New Zealand. Our skin cancer rates are also among the highest in the world.

“There are over 1800 new melanoma cases and about 45,000 new non-melanoma cases every year.

“The costs to the New Zealand health system for skin cancer are in excess of \$33 million annually.”

The Cancer Society recommends New Zealanders use SunSmart sun protection measures when the UV Index is three or above, particularly between the hours of 11am and 4pm:

- **Slip** on some sun-protective clothing that covers as much skin as possible
- **Slop** on SPF30+ sunscreen that is broad spectrum and water resistant. Put it on 20 minutes before going outdoors and every two hours afterwards. Sunscreen should never be used as the main or only form of defence against the sun or to extend the time spent in the sun.
- **Slap** on a hat that protects the face, head, neck and ears
- **Slide** on sunglasses that meet Aus/NZ standards
- **Seek** shade

More

Throughout SunSmart Week the Cancer Society will be out and about with Undercover Cody – the cool undercover turtle - spreading the SunSmart message to children aged under 10.

To find out more about the Cancer Society's SunSmart Week, visit: www.cancersociety.org.nz or for more SunSmart information visit: www.sunsmart.org.nz

Ends

Undercover Cody will be visiting:

Monday 12th November

Kihikihi Primary 9.30am
Koronui Primary 11am
Te Awamutu Primary 1.30pm

Tuesday 13th November

Woodstock Primary 11am
Newstead Model School 1pm
Matangi school 2.15pm

Wednesday 14th November

Whatawhata 9am
Raglan 11am
Te Uku 1.15pm

Thursday 15th November

Hamilton North 10.15am
Te Rapa St Peter Chanel School 11.45am
Te Rapa School 1.15pm

Friday 16th November

Frankton Primary 9am
Whitiora Primary 1.15pm

For further information, please contact:

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