

How do I take a balanced approach to sun exposure in New Zealand?

	Fair to Olive skin (Fitzpatrick skin types I - IV)	Naturally very dark skin (Fitzpatrick skin types V - VI)
From September to April when average UV Index levels are 3 and above	A few minutes of sun exposure to the face, arms and hands (or equivalent area of skin) before 11am or after 4pm on most days of the week.	3-6 times the exposure level of fair to olive skin. More sun exposure and supplementation may be required.
	Sun protection is recommended whenever the UV Index levels reach 3 and above.	It is not really necessary for people of this skin type to wear sunscreen but they should still wear a hat and sunglasses.
From May to August when average UV Index levels are below 3	Approximately 2-3 hours of sun exposure to the face, arms and hands (or equivalent area of skin) during the noon period across the week.	3-6 times the exposure level of fair to olive skin. More sun exposure and supplementation may be required.
	Sun protection is not needed unless in alpine regions or near highly reflective surfaces such as snow or water or if you are outside for extended periods.	Eye protection is needed near highly reflective surfaces such as snow or water.

Please note that this is a guideline only. To check your skin type visit:
<http://www.sunsmart.org.nz/being-sunsmart/who-needs-be-careful/skin-types/skin-types>

