



**Cancer Society of New Zealand
Te Rōpū Mate Pukupuku o Aotearoa**

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SunSmart Week November 2007

Slip, Slop, Slap, Wrap!

New Zealanders love to be outdoors in warm weather. There is something about fresh air and sunshine that makes us feel great to be alive. Unfortunately too much sun has a downside - skin cancer, painful sunburn, premature skin ageing and cataracts.

The Cancer Society's Skin Cancer Prevention Advisor, Dr Judith Galtry says we need to be vigilant about our time in the sun, "the answer is not to avoid the sun totally, just don't overdo it!"

She recommends that New Zealanders take five steps to protect against sun damage when the Ultraviolet Index (UVI), which measures the level of UVR in the environment, is at three or above:

- **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 you go outdoors and re-apply every two hours. Sunscreen should never be used as the only or main form of protection or to extend the time spent in the sun
- **Slap** on a hat that protects the face, head, neck and ears
- **Wrap** on sunglasses that meet the Australian/ NZ standard

- **Seek shade.**

Dr Galtry also advises that extra care should be taken between 11 and 4pm during the daylight savings months when UV Index levels reach their peak.

During summer, the SunSmart UV Index appears on the weather page of New Zealand daily newspapers and on TV One news. It can also be found on Niwa's website www.niwa.org.nz and the SunSmart website www.sunsmart.org.nz

The Cancer Society of New Zealand is the leading charity dedicated to reducing the incidence of cancer and ensuring the best cancer care for everyone in New Zealand.

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For further information on sun protection and skin cancer, visit the Cancer Society of New Zealand website, www.cancernz.org.nz or the SunSmart website www.sunsmart.org.nz