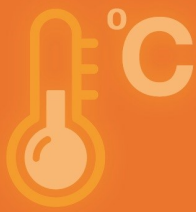


SUNSMART FACT



## Being cool doesn't help

Sunburn can occur on cooler days. There is no relationship between air temperature and the strength of UV radiation from the sun. Be prepared. Slip, slop, slap and wrap, and stay in the shade when you can.



SUNSMART FACT



## Protect your eyes

UV rays from the sun can damage your eyes. Wearing a hat with a brim will help protect your eyesight. If wearing sunglasses choose close-fitting, wrap-around styles.



SUNSMART FACT



## Caps don't cut it!

Caps do not provide enough sun protection to your cheeks, nose, ears and neck. These are all common places for skin cancer. Bucket or wide-brimmed hats are best.



SUNSMART FACT



## Skin damage from the sun

**Myth:** Skin damage caused by the sun can be reversed.

**Fact:** Sun damage is irreversible. It accumulates over time and increases the risk of skin cancer later in life. It also gives you wrinkles!



SUNSMART FACT



## Clouds don't stop UV

Up to 80% of UV radiation can still get through on a cloudy day.



SUNSMART FACT



## Summer fun in the sun

UV rays cannot be seen or felt. You can still get sunburnt on a cooler or cloudy day from now until the beginning of April. **SLIP** on a top with sleeves. **SLOP** on some sunscreen. **SLAP** on a hat. And **WRAP** on your sunglasses. Have a fantastic and safe holiday!



SUNSMART FACT



## Cover-up 10 until 4

Protect yourself from the sun between 10am and 4pm during school terms one and four.



SUNSMART FACT



## Sun is fun but sunburn isn't

90% of melanoma skin cancers are caused by too much UV exposure.



SUNSMART FACT



## Kiwis get too much UV!

69,000 Kiwis get skin cancer each year.



SUNSMART FACT



## UV and your shadow

The shorter your shadow the stronger the UV rays.



SUNSMART FACT



## Leave wrinkles to the elephants

Your skin is like an elephant – it remembers all the UV exposure you have received throughout your life. All the sunburns, tans and time spent outdoors without sun protection adds up and increases your long-term risk of skin cancer. So it's a good idea to slip, slop, slap and wrap in summer.



SUNSMART FACT



## You can't feel UV rays

While our senses can easily detect sunlight and heat, they cannot detect the level of UV from the sun. UV cannot be seen or felt. This is what makes UV dangerous and why we need to be SunSmart in summer.





#### SUNSMART FACT



## Slip on a shirt or a t-shirt with sleeves

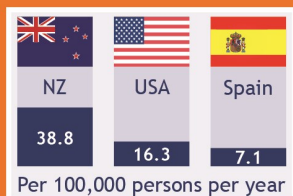
A top with sleeves gives you good protection.  
A collar will protect the back of your neck.



SUNSMART  
SCHOOLS

Cancer Society

#### SUNSMART FACT



## Kiwis burn

New Zealand has 40% higher levels of UV and more people with Melanoma than countries at the same latitude in the northern hemisphere.



SUNSMART  
SCHOOLS

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