# SUN SAFETY FOR DEEPER SKIN TONES

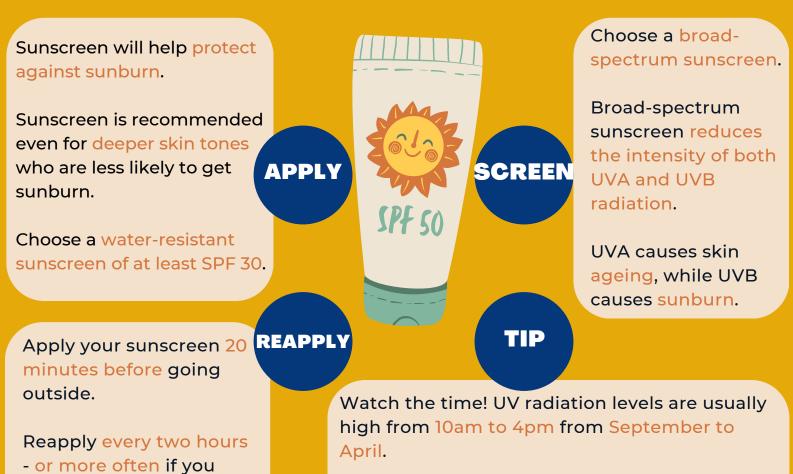
Yes, everyone can get skin cancer, even though people with deeper skin tones are less likely to get sunburn.

Melanoma is thicker and more advanced in people of deeper skin tones, which is often more dangerous and difficult to treat. This includes people of Māori and Pacific descent.

It is a dangerous misconception that people with deeper skin tones aren't at risk. Everyone should practice sun safety and do regular skin self-checks.



## STAY SAFE IN THE SUN



Alternatively, the Sun Protection Alert gives you the time each day for your location. The alert is available through the UVNZ app on Android or iOS.

## SUN STYLE

sweating.

have been swimming or

Wear sun protective clothing, such as a widebrim hat, sunglasses, a longsleeved top with a collar and long shorts or skirts.





## SHADE PROTECTION

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelters. Spending time outside is a great way to be physically active, reduce stress and get vitamin D. However, most skin cancers are caused by too much exposure to UV radiation. Your best bet to protect your skin is to use sunscreen or protective clothing when you're outside—even in the shade.



Look for a spot or mole that is...

Sore

A spot which is sore (scaly, itchy, bleeding, tender) and doesn't heal within 6 weeks.

### Abnormal

Looks different, feels different, or stands out when compared to your other spots and moles.

#### Changing

Changing in size, shape, colour or texture

### New

Has appeared on your skin recently. Any new moles or spots should be checked, especially if you are over 40.

SCAN content courtesy of Skin Cancer College Australasia