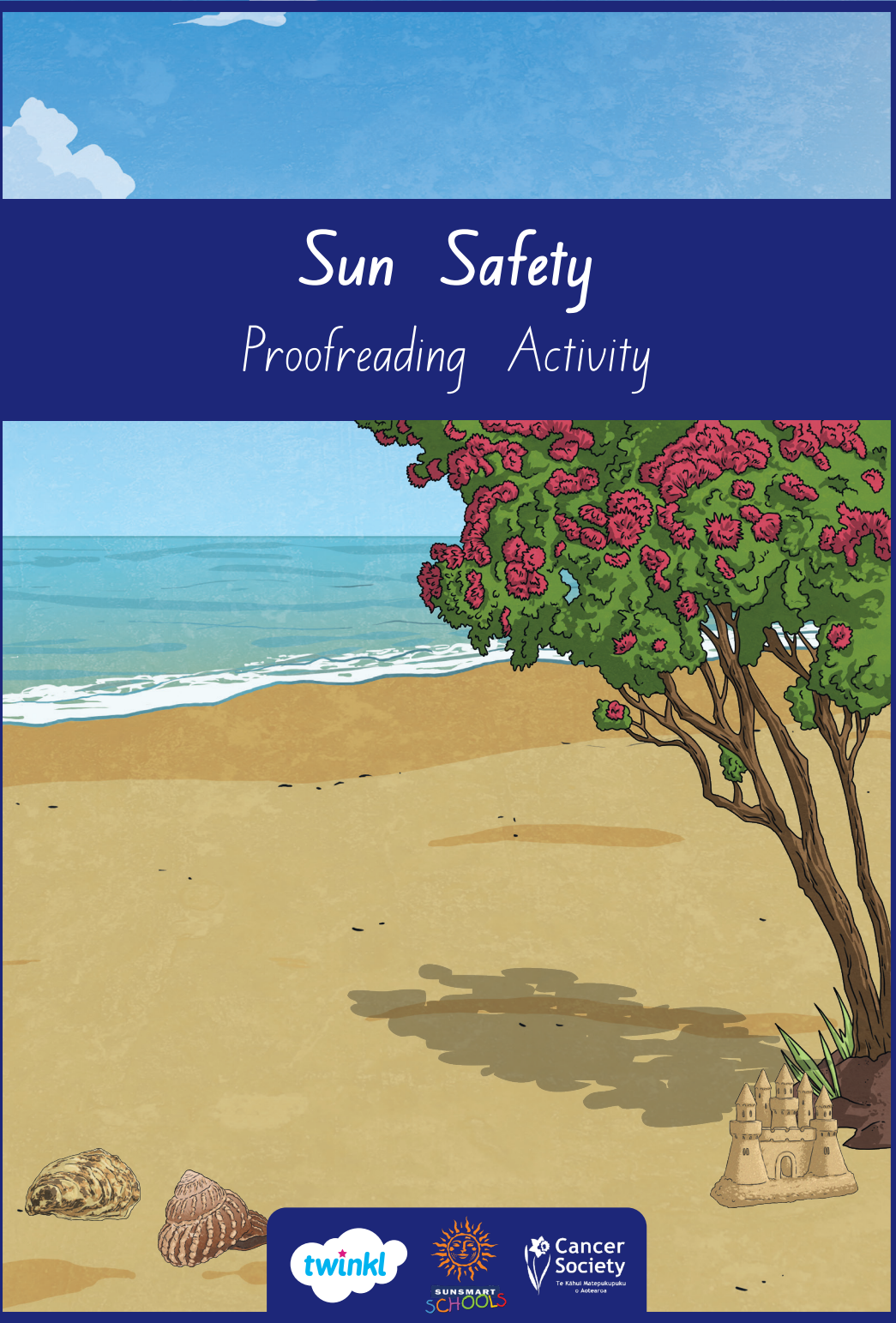


A large illustration of a beach scene. On the right, a large tree with green leaves and pink blossoms stands on the sand, casting a shadow. In the foreground, there are two seashells and a small sandcastle. The ocean is in the background under a blue sky with a few clouds.

Sun Safety

Proofreading Activity

Card One: Monday

Sun Safety

What Is Sun Safety?

Sun safety is the practice of protecting our skin from the sun's harmful rays. There are five simple steps to sun safety. Those steps are:

1. *Slip* on sun protective clothing.
2. *Slip* into the shade.
3. *Slop* on SPF30 broad-spectrum, water-resistant sunscreen.
4. *slap* on a hat.
5. *Wrap* on sunglasses.

a combination of these five steps will ensure that you are well protected from the sun.

Sun Safety

Why Is Sun Safety Important?

Sun safety is important because ultraviolet (UV) radiation exposure from the sun can cause skin damage which potential to leads to skincancer. Aotearoa New Zealand has one of highest rates of skin cancer in the world, with around 500 new Zealanders dying of skin cancer every year. Every day more than 250 new Zealanders are diagnosed with skin cancer. It's not only older people who can get skin cancer. Too much UV radiation exposure over time adds to a persons skin damage and skin cancer risk. Younger people have more sensitive skin so have to be especially careful. The good news is that most skin cancers can be prevented by being sun safe and reducing the level of exposure to the sun's harmful ray.

Sun Safety

The UV Index

UV is a form of radiation produced by the sun. exposure to UV radiation can damage skin and cause skin cancer, but is also one of the best natural sources of vitamin d, which is needed to maintain good health. As such it is important to ensure a healthy amount of exposure to the sun without causing lasting damage. To do this you must first understand how UV radiation works.

UV radiation comes directly from the sun and can be reflected off surfaces like concrete, sand, snow and water. UV radiation can be harmful on sunny days as well as cloudy days. It cannot be seen, and as such exposure can be difficult to control. The UV Index (UVI) rating system was introduced to measure the amount of UV radiation reaching the earth's surface and help people determine harmful exposure levels. The higher the index number the greater the potential for harmful skin damage. The UV index has five categories:

- Low 0-2
- Moderate 3-5
- High 6-7
- Very high 8-10
- Extreme 11 and above

UV radiation levels change throughout the day. They are highest, in the middle of the day. Sun protection is recommended when the Index level reaches 3 or above, when outdoors for extended periods or near reflective surfaces such as snow or water.

Sun Safety

Skin Types

Everyone has different skin. Some skin is dark some is light or fair, other skin has freckles. Melanin is the pigment that gives your skin, hair and eyes their colour. Some people make more melanin so they have dark coloured skin, eyes and hair.

People who make less melanin usually have light coloured skin, eyes and hair. More melanin means people with dark skin usually have more protection from UV radiation and less chance of developing skin cancer than people with light skin. People with light skin to be very careful in the sun. But all skin types should be protected from the sun when UV Levels are 3 or above, when outdoors for extended periods or near reflective surfaces such as snow or water.

Sun Safety

SunSmart App

SunSmart is one of the longest running skin cancer prevention programs in the world and is one of the most successful. The SunSmart team recommend you download UVNZ, a free interactive SunSmart app for your smartphone, that tracks UVI levels and sun protection times.

The app has four unique features:

1. Tells you the current UV Index (UVI) levels at various locations throughout NZ.
2. Shows how the UVI level can change throughout the day.
3. Shows how long you can be exposed to sunlight at any time of day without visible signs of skin damage.
4. Invites you to provide your skin type and the amount of skin exposed to provide tailored sun protection advice.

So do yourself a favour, take the guesswork out of sun protection and download the UVNZ smartphone app today!

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