

Be SunSmart

Me haumaru rā

Protect your skin and eyes from damaging UV radiation, especially when outdoors from September to April.

Manaki i tō kiri me ōu whatu mai i ngā iraruke mōrearea, mātua ai i ngā wā kei waho mai i te Mahuru ki te Paengawhāwhā.



Cancer Society

Te Kāhui Matepukupuku o Aotearoa

www.sunsmart.org.nz



Slip on clothing

Kuhuna i ngā kākahu

Slip on clothing that covers as much skin as possible.
Dark colours give better protection.

Kuhuna i ngā kākahu e tāpatu ana i te mahanga o te kiri. He pai ake te maru o ngā tae pōuri.



Slip into shade

Kuhuna ki raro i te marumaru

Slip into the shade of a big tree, building or shade sail and plan outdoor activities for hours when UV is lower.

Kahuna ki raro i te marumaru o Tētahi rākau nui, tētahi whare, tētahi marumu kōmaru rānei me whakamahere i ngā hei mahi ā waho i ngā hāora he itit iho te iraruke.



Slop on sunscreen

Pania he kirīmi pare tīkākā

Slop on water-resistant sunscreen of at least SPF30. Remember to re-apply every 2 hours and after going in water.

Pania he kirimi pare wai papare SPF 30+. Maumahara ia rua hāora kia pania āno, i ngā wā kua haere i roto te wai hoki.



Slap on a hat

Whakamauria he pōtae

Slap on a hat with a wide brim or flaps covering the ears and neck. These are the places that get burnt the most.

Whakamauria he pōtae he whānui, te peha, me ngā tīrepa tāpatu ana i ngā tāringa me te kakī rānei. Ko ēnei ngā wāhi he maha ngā tīkākā.



Wrap on sunglasses

Whakamau i ngā mōwhiti ārai rā

Wrap on close fitting sunglasses that have a sun protection rating on the label.

Whakamau i ngā mōwhiti ārai rā me te tapanga haumaruru rā.

