

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

Sunscreen will help **protect against sunburn**.

Sunscreen is recommended even for **deeper skin tones** who are less likely to get sunburn.

Choose a **water-resistant sunscreen** of at least **SPF 30**.

APPLY



SCREEN

Choose a **broad-spectrum sunscreen**.

Broad-spectrum sunscreen **reduces** the intensity of both **UVA and UVB radiation**.

UVA causes skin ageing, while **UVB** causes **sunburn**.

Apply your sunscreen **20 minutes before** going outside.

Reapply **every two hours** - **or more often** if you have been swimming or sweating.

REAPPLY

TIP

Watch the time! UV radiation levels are usually high from **10am to 4pm** from **September to April**.

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

Wear **sun protective clothing**, such as a wide-brim hat, sunglasses, a long-sleeved 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.



SCANTM
Your Skin

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.

Changing

Changing in size, shape, colour or texture

Abnormal

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

New

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