

# SPOTLIGHT ON OUR HEALTH

## BE SUNSMART THIS SUMMER: SLIP, SLOP, SLAP & WRAP

Protect yourself when you're outside from September to April. And protect yourself all-year-round when you are in the mountains, out on the water or around reflective surfaces like snow and ice.



### SLIP ON A SHIRT

Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



### SLIP INTO THE SHADE

Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



### SLOP ON SUNSCREEN

Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.



### SLAP ON A HAT

Wear a hat with a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.



### WRAP ON SUNGLASSES

Choose close fitting, wrap-around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.

Thanks to the Health Promotion Agency (HPA) for permission to use their SunSmart graphics.

## THE WATER SAFETY CODE

Now that summer is here, we encourage anyone planning to swim to familiarise themselves with the Water Safety Code's four simple rules.

### 1. Be prepared

- Learn to swim and survive.
- Set rules for safe play in the water.
- Always use safe and correct equipment and know the weather and water conditions before you get in.

### 2. Watch out for yourself and others

- Always pay close attention to children you are supervising when in, or near, water.
- Swim with others and in areas where lifeguards are present.

### 3. Be aware of the dangers

- Enter shallow and unknown water feet first and obey all safety signs & warning flags.
- DO NOT enter the water after drinking alcohol.

### 4. Know your limits

- Challenge yourself within your physical limits and experience.
- Learn safe ways of rescuing others without putting yourself in danger.

## THANK YOU TO OUR COMMUNITY

As most of us prepare for our Christmas break, we extend our warm thanks to Whanganui district residents for the support given to our DHB throughout the year. While our job is to provide health services to the urban and rural communities we serve, we do this in partnership with many individuals, services and organisations who are not DHB-employed or owned but who share our commitment to providing the best possible health care to you all.

Over the past year we have worked hard to strengthen the DHB's ties and relationships with our non-DHB partners and we are very grateful and appreciative to everyone who has been part of that effort. Importantly, we thank you for the small, but very important, things you do as individuals which help us maintain a safe and efficient health service.

By making sure you attend appointments on-time, you help the DHB run efficiently and cost-effectively; by drinking water, eating wisely and maintaining your fitness levels you improve your health and the overall health of our community; by seeing your family doctor (GP) in the first instance you help us make sure the Emergency Department is kept free to treat emergency cases only. Every one of these actions is hugely valuable.

We wish you all a happy, safe and peaceful Christmas and holiday season.



Russell Simpson | WDH B Chief Executive



Dot McKinnon | WDH B Board Chair

*Dot McKinnon*

*Meri Kirihimete,  
Merry Christmas*

