

Let's keep cool and safe this summer

Helpful tips for you
and your whānau



Translations in te reo
Māori, Samoan, Tongan
or Chinese are available
at [kaingaora.govt.nz](https://www.kaingaora.govt.nz)



Be sun smart this summer

Did you know hot weather can affect your health? Here are some tips to help protect your whānau.



When out in the sun remember to **slip, slop, slap and wrap!**

- ! **Slip on clothing that** covers up as much skin as possible.
- ! **Slop on sunscreen**, and plenty of it. A broad-spectrum, water-resistant sunscreen of at least SPF 30 is best.
- ! **Slap on a hat** with a wide brim that covers your ears and neck – this is where most people get sunburnt.
- ! **Wrap on sunglasses** that fit close to your face. The best sunglasses protect against UV radiation, so check the label when you buy a new pair.
- ! **See more ways to protect yourself** at www.sunsmart.org.nz.

More ways to keep your cool

- ! **Keep your fluids up.** Take plenty of water and keep a drink bottle handy.
- ! **Work around the sun.** Plan outdoor sports activities before 10am or after 4pm when it's cooler.
- ! **Change the way you work.** If your job is physical or you work outdoors talk with your employer about heat risks and how you can all keep safe.
- ! **Switch on the cool pump.** Use your heat pump as an air conditioner to keep your house cool. Just choose the cool setting.
- ! Visit www.health.govt.nz for more guidance.

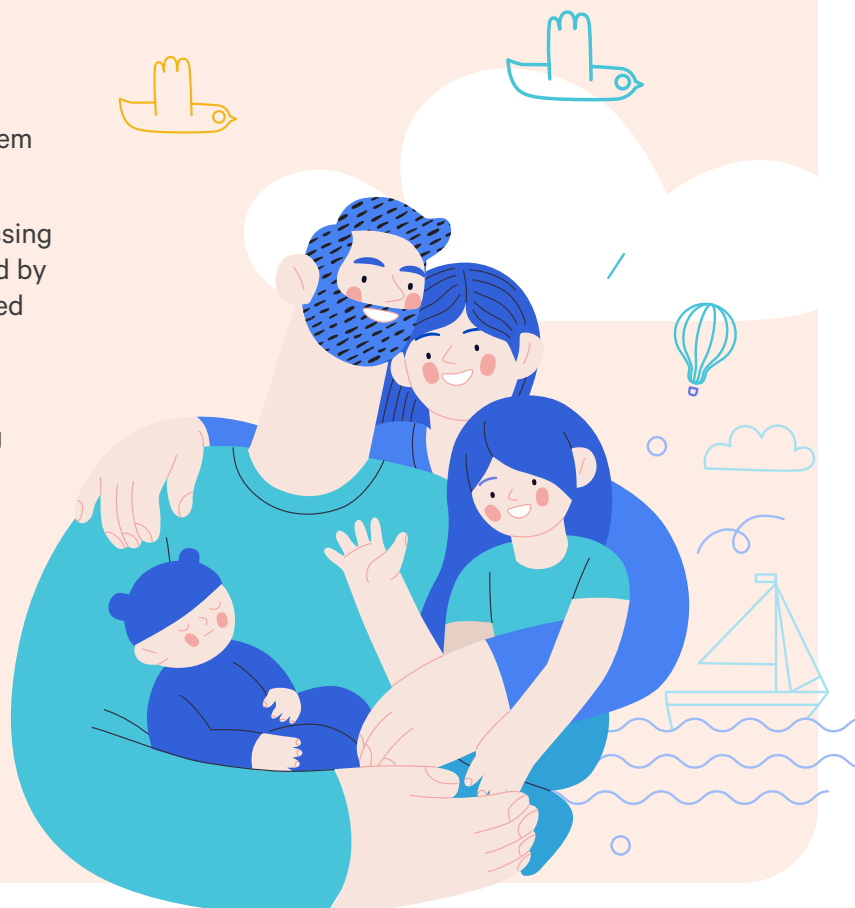
Babies need extra care

A baby's skin is very fragile, so try to keep them out of direct sunlight.

Ensure they are kept cool and avoid overdressing with heavy layers. Babies should be protected by shade, breathable clothing and broad-brimmed hats that shade the ears and neck.

Babies under 6 months of age have sensitive skin and may react to sunscreen – try testing a pea-sized amount made for sensitive skin on the inside of their upper arm.

If you suspect dehydration, you can offer babies over 6 months extra fluids of cooled boiled water between feeds. See more tips for sun safety at www.plunket.org.nz.



Keep safe at the pool

Putting up a pool this summer? Follow these rules to keep our whānau safe

If you have a backyard swimming pool at your home, there are nationwide pool laws that apply:

- ! All pools, even above-ground temporary backyard pools, must be fenced to keep our tamariki out. This includes your neighbours' kids.
- ! Even paddling-style pools that hold water to a depth of 400mm or more must have fencing to keep unsupervised kids out.
- 📺 You can see the full pool rules at www.building.govt.nz



Our Kāinga Ora Housing Support Managers will be conducting their usual property inspections. If you have a temporary pool on the property that does not comply, you will be requested to take down the pool.



Stay water wise

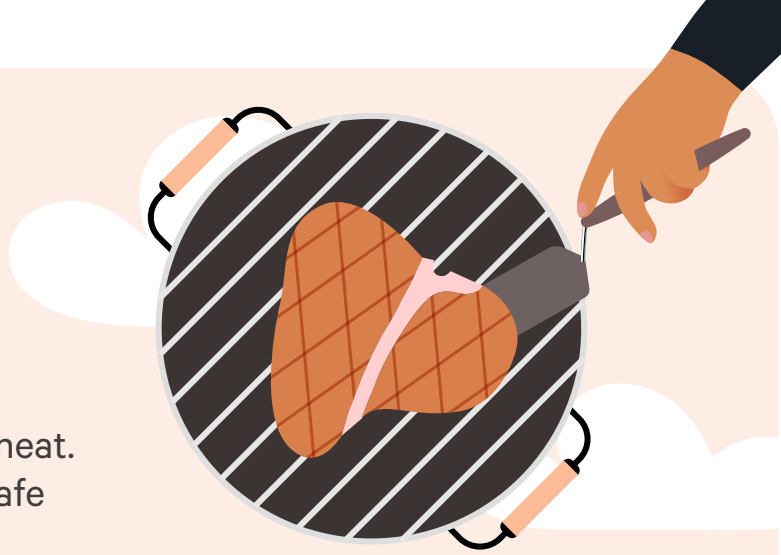
Whether it's a splash in your backyard or a manu at the local pool, here are three tips to keep the whānau safe.

1. Watch your kids not your phone!
2. Empty paddling pools, buckets and containers when not in use to prevent accidents.
3. Don't leave older kids in charge of the younger ones. Make sure an adult is always watching.



Have a fire safe summer

Fire can spread fast in the summer heat. Here are some quick ways to stay safe at home or outside.



- ! **Check your smoke alarms.** Even though Kāinga Ora checks your smoke alarms, it's a good idea to check them again in summer.
- ! **Inspect your BBQ.** Before you light the BBQ, give it a good clean and if it's gas, check the cylinder and all hoses for any leaks by spraying soapy water on the gas hose connections. Only use your BBQ outside in a well-ventilated area away from anything flammable.
- ! **Don't drink and fry.** Falling asleep while cooking is the leading cause of house fires in New Zealand. Same applies to drugs.

- ! **Bonfire safety.** Campfires should only ever be lit where allowed and away from anything that might catch fire. Always have water handy and make sure the fire is completely put out when finished.
- ! **Don't let off fireworks.** Fireworks are banned at many places in summer. They can start wildfires that quickly get out of control, especially when windy.
- ! Visit www.checkitsalright.nz for information and tips about fire danger and the fire season in your area.



 **111**
and ask for Fire



Keep your pets cool

Did you know pets feel the heat even more than we do? Here's six tips to keep your fur babies safe.

- ❗ **Water and shade.** Keep water bowls fresh and filled and make sure there's plenty of shade for your pets throughout the day – even as the sun moves.
- ❗ **Cooler walkies.** Exercise your dog when it's cooler either in the morning or evening.
- ❗ **Too hot to trot.** If the pavement or sand is too hot for your bare feet, then it's too hot for your pet.
- ❗ **Pets get sunburnt too.** Pets with lighter skin and hair are most at risk, and you can protect them by rubbing pet-safe sunscreen on their noses, ears and bellies.

- ❗ **Hot cars can kill.** Never leave your pet unattended in your car. You could face a \$300 fine. If you find a dog locked in a car in distress, call the Police or your local SPCA immediately.
- ❗ **Get a hair cut.** Trimming your pet's coat can help keep them cool, but their fur also protects them from sunburn so don't shave it completely.

Visit www.spcan.z for more great summer tips and advice:





For more information



▶ watersafety.org.nz



▶ checkitsalright.nz



▶ spca.nz



▶ sunsmart.org.nz

www.kaingaora.govt.nz