



8 HOT SUMMER WELLNESS TIPS

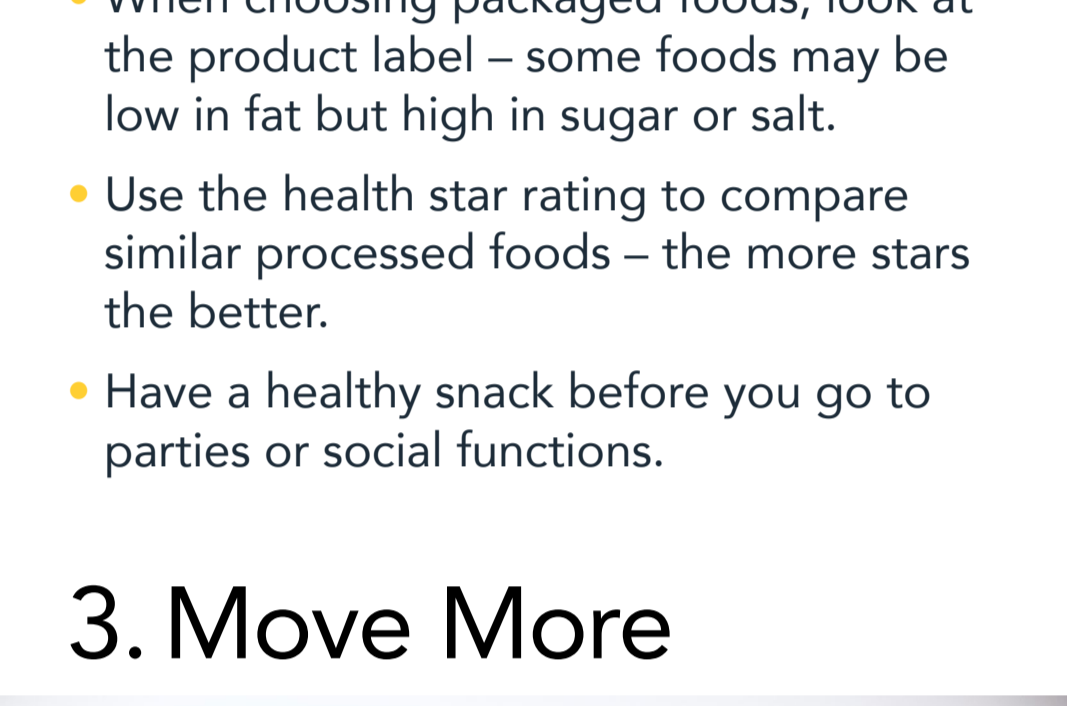
The festive season and holidays can be stressful for many. Taking small steps to protect your wellbeing can help you on the path to enjoying life again.

1. Take time to take care of you

- Go to the beach or bush, listen to the sounds of nature and smell the fresh air.
- Get out and do something physical, go for a walk, a run, or to yoga.
- Get your hands dirty in the garden.
- Meet up with friends.

Depression.org.nz has more information and tools like The Journal that can help you and your whānau take small steps to get well and stay well.

2. Eat Well



- Summer means lots of low cost fruits and vegetables, so get creative and make tasty dishes. Try healthykids.org.nz for easy, low cost ideas.
- Choose different colored fruits and vegetables.
- Start the day with breakfast.
- Choose less processed foods – whole grains and fruits are best.

When choosing packaged foods, look at the product label – some foods may be low in fat but high in sugar or salt.

Use the health star rating to compare similar processed foods – the more stars the better.

- Have a healthy snack before you go to parties or social functions.

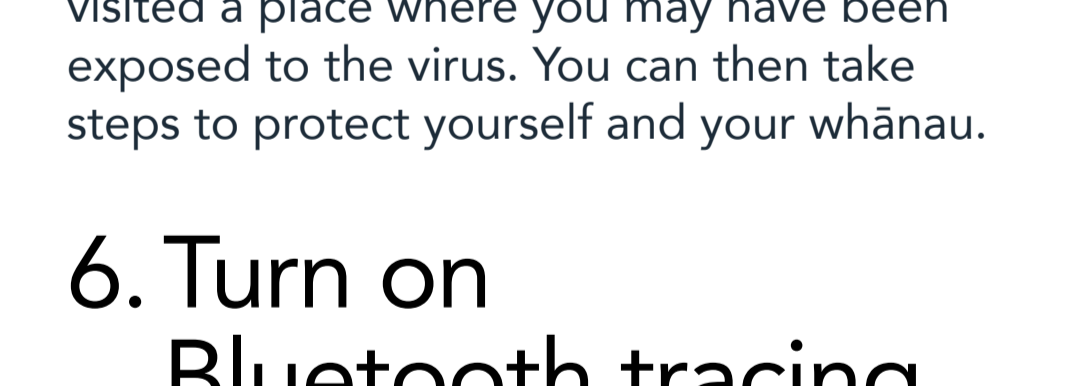
3. Move More



- Join in the games with the kids – they'll be delighted, and you'll have fun. See healthykids.org.nz for ideas.
- Take a beach ball, a frisbee, or a cricket bat and tennis ball to the park for some family fun.
- Hula hoops, skipping ropes or beach balls are perfect toys for adults and children alike.

- Explore the beach or bush walk in your local area.

4. Stay SunSmart



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

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

- 1. SLOP on plenty of broad spectrum sunscreen of at least SPF 30.
- 2. No sunscreen completely filters all UV rays. Always use with other parts of the system.

- 1. SLAP on a wide brim or a cap with flaps.
- 2. More people are sunburnt on the face and neck than any other part of the body.

- 1. WRAP on close fitting, wrap around style sunglasses.
- 2. Not all sunglasses protect against UV rays, so always check the label for the sun protection rating.

SunSmart.org.nz

health
promotion
agency

Remember to be SunSmart – have sunscreen on hand for top ups. Also, is it time to have your skin checked? It could save your life.

5. Use Scan QR codes

Scanning QR codes with the NZ COVID Tracer app keeps us 1 step ahead of the virus — the more we scan the safer we'll be.

Scanning QR codes wherever you go is especially important when on holiday because you might not remember all the places you visit. Keep your phone handy to make scanning in quick and easy.

Taking a few seconds to scan means we can quickly let you know when you have visited a place where you may have been exposed to the virus. You can then take steps to protect yourself and your whānau.

6. Turn on Bluetooth tracing

Bluetooth tracing allows you to receive an alert if you've been near another app user who tests positive for COVID-19. Bluetooth tracing is great for large gatherings and events, like music festivals, when you're surrounded by people you do not know.

Bluetooth tracing does not replace the need to scan NZ COVID Tracer QR codes. You still need to scan QR codes to keep track of where you've been. Bluetooth tracing is an added tool — it helps keep track of the people we've been near.

When you turn on Bluetooth tracing, your privacy is always protected — it cannot share your location, your name or anything else about you.

7. Stay home if you're sick

Do not travel or take part in activities if you're unwell. If you're feeling unwell, it's critical you stay at home and recover.

If you have cold, flu or COVID-19 symptoms while on you're on holiday, do not wait until you get home. Call Healthline or your doctor or Nurse Practitioner to see about getting a test.

8. Wash your hands

Washing your hands is one of the easiest ways to keep yourself safe. Wash often. Use soap. 20 seconds. Then dry. This kills the virus by bursting its protective bubble.