

# Let's keep cool and safe this **SUMMER**



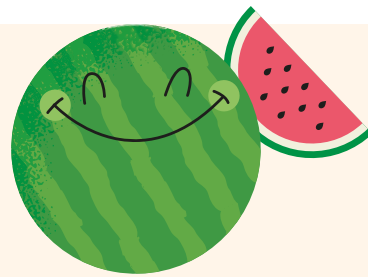
Helpful tips for you  
and your whānau

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



**Kāinga Ora**  
Homes and Communities

# Stay protected from the sun this **SUMMER**



Summer is here, so it's important to protect yourself and your family from the sun's harmful ultraviolet (UV) radiation. From **now until April**, make sure you're protected from the sun whenever you're outside, especially between **10am and 4pm**. Being **SunSmart** is simple – here are some easy ways to stay safe:

- ❗ **Slip on sun-protective clothing:** Choose clothing that covers as much skin as possible, such as tops with collars and long sleeves, and trousers, long shorts, or skirts. Fabrics with a tighter weave and darker colours provide better protection from the sun.
- ✔ **Slip into the shade:** Seek shade from a leafy tree, gazebo, building, or shade sail whenever you can. Your phone isn't the only way to stay mobile – bring shade with you! Whether it's a beach umbrella or a pop-up tent, portable shade makes all the difference when natural cover is limited.
- ✔ **Slop on sunscreen:** Use plenty of broad-spectrum, water-resistant sunscreen of at least **SPF 30**. An average-sized adult needs about **1 teaspoon** for each of the following areas: head (face, neck and ears), each limb, each arm, the front of your body, and the back of your body. Apply sunscreen 20 minutes before going outside, and reapply every two hours, or after swimming or sweating.
- ✔ **Slap on a hat:** Wear a wide-brimmed hat, or one with flaps that cover your face, neck, and ears. The face and neck are the most common areas for sunburn.

- ❗ **Wrap on sunglasses:** Choose close-fitting, wraparound sunglasses that meet the **AS/NZS 1067 :2016** sunglasses standard. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.
- ❗ **Check the UV Index:** Sun protection is recommended when the UV Index is 3 or above, or whenever you're spending lots of time outdoors. You can check the UV Index level for your area by downloading the **free UVNZ app** or visiting **NIWA's website**. You can find more information at [sunsmart.org.nz](https://sunsmart.org.nz)
- ✔ **Plan outdoor activities wisely:** Try to schedule outdoor fun in the before 10am or after 4pm, when UV radiation is lower. If you're spending time outdoors between 10am and 4pm – Slip, Slop, Slap, and Wrap for maximum protection.
- ✔ **Adjust your work routine:** If your job involves working outdoors, talk to your employer about UV radiation risks and ways to keep you and your team safe.

## **Pēpi (babies) need extra CARE in the SUN and HEAT!**



- Keep pēpi out of direct sunlight as their skin is sensitive and fragile. Stay in shady areas, use a wide brimmed hat and dress in light, breathable clothing to cover skin; avoid heavy layers.
- Young pēpi may feed more often in hot weather; breastfeeding māmā should drink plenty of fluids.
- Car temperatures rise quickly; check car seat parts for heat and never leave tamariki alone in a car. Ensure prams have plenty of airflow; avoid letting pēpi sleep in a pram to prevent overheating.

Find more sun safety tips at [plunket.org.nz](https://plunket.org.nz)



Learn more about UV radiation and being SunSmart at [sunsmart.org.nz](https://sunsmart.org.nz)



# Keep your WHĀNAU SAFE around water



Enjoy splashing around in the summer but remember to prioritise safety. Follow these essential water safety tips.


- ! **Always supervise children near any water**, especially those under five years of age and even if they're strong swimmers. This includes pools, baths, buckets, ponds, streams and water troughs.
- ✓ **Avoid distractions** like phones or books. Don't leave older children in charge of the younger ones; always make sure an adult is watching.

## Putting up a pool this summer?

Follow these rules to keep your 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 tamariki out. This includes your neighbours' kids.
- ! **Even paddling-style pools** that hold water to a depth of 400mm or more must be fenced to keep unsupervised kids out.
- ! **Empty paddling pools** when not using them, including buckets and containers, and turn them upside down to prevent water collecting in them.
- ! **Our 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 asked to remove it.



 You can see the full pool rules at [building.govt.nz](https://www.building.govt.nz)

## Swim safely

- ✓ **Swim with a buddy:** Never swim alone. Having someone with you can help if there's an emergency.
- ✓ **Follow flags and lifeguards:** Stick to areas at the beach that have been marked as safe to swim and always follow the guidance of lifeguards.
- ✓ **Know your swimming ability:** Stick to areas within your skill level and avoid deep or fastmoving water if you're not comfortable.
- ! **Use life jackets:** Always use a life jacket when you're fishing or boating, but also where appropriate for non-swimmers, young children, or anyone around open water. A properly fitting life jacket, water wings or other equipment adds an extra layer of safety.
- ! **Alcohol and water don't mix:** Alcohol impairs judgement and coordination, so save the drinks for after your swim.



# Stay **FIRE SAFE** this summer

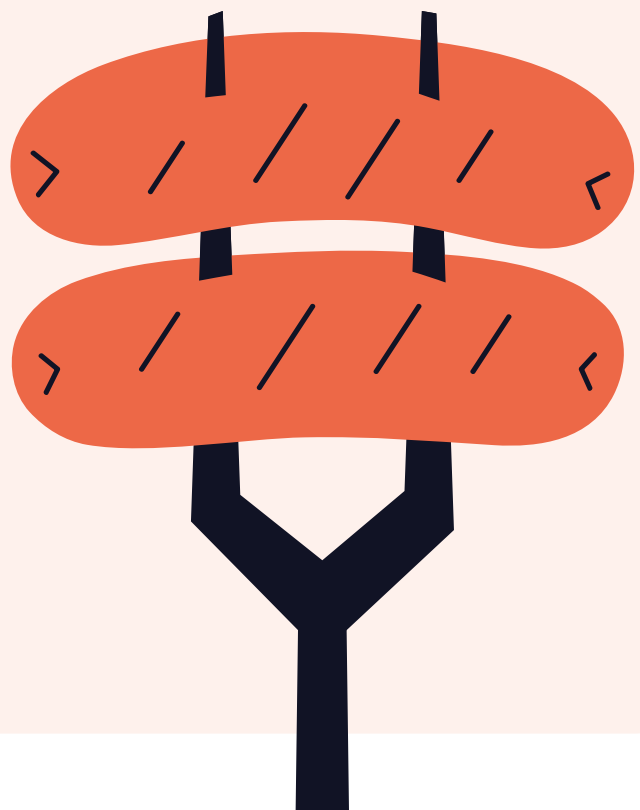
Warm weather can increase the risk of fires, so keep your home and loved ones safe with these fire safety measures at home or outside.

- ❗ **Check smoke alarms:** Make sure smoke alarms are working and test them monthly. Replace batteries at least once a year. Even though Kāinga Ora checks your smoke alarms, it's always a good idea to stay on top of them in between inspections.
- ✅ **Practise safe grilling:** Before you light up the barbecue, give it a good clean and if it's gas check the cylinder and all hoses for leaks by spraying soapy water on the gas hose connections. Turn the gas on and if bubbles start to show up, you have a leak. Only use your barbecue in a well-ventilated area, away from your home, overhanging trees, and flammable materials. Always turn off gas or extinguish charcoal safely when you're done.
- ❗ **Don't drink and fry:** Falling asleep while cooking is the leading cause of house fires in New Zealand. The same applies to drugs.
- ❗ **Never leave open flames unattended:** Whether it's a candle or a barbecue, stay close and keep an eye on it. Put out candles if you're leaving the room.



- ✅ **Be cautious with outdoor fires:** If you have a fire pit, keep it small and contained. Never leave it unattended and always extinguish it fully before you go inside.
- ❗ **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 put out completely when you're finished.
- ✅ **Keep flammable items away from heat sources:** Store items like paper, cloth or cleaning supplies away from stoves, heaters and other heat sources.
- ❗ **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 it's windy.

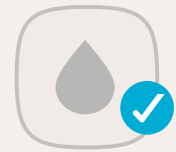
📺 **Visit [checkitsalright.nz](https://www.checkitsalright.nz)** for information and tips about fire danger and the fire season in your area.



# Keep your pets **COOL**, **SAFE** and comfortable

Our pets can feel the summer heat even more than we do! Here are some tips to help keep your furry friends safe.

Dear owners...



- ✓ **Provide plenty of fresh water:** Ensure your pets have constant access to clean, cool water throughout the day, especially if they're outside.
- ✓ **Create a shady spot:** Set up a shaded area for pets outside or bring them inside during the hottest parts of the day to keep them cool. Remember to keep an eye on the sun as it moves throughout the day.
- ✓ **Provide a cooling mat or towel:** Use a damp towel or a pet-safe cooling mat to give them a place to lie down and cool off.
- ! **Be cautious with exercise:** Reduce your pet's exercise intensity on hot days and watch for signs of overheating like panting or drooling.
- ! **Avoid hot pavements:** If the pavement or sand is too hot for you to touch with your bare hand, then it's too hot for your pet to walk on. Walk your dog in the early morning or late evening to protect their paws from hot asphalt, which can burn their sensitive pads.
- ! **Pets get sunburnt too:** Pets with lighter skin and fur are most at risk. You can protect them by rubbing pet-safe sunscreen on their noses, ears and bellies.
- ! **Never leave pets in a parked car:** Dogs die in hot cars – if you love them, don't leave them.
- ! On a warm day, the inside of a car can heat up to over 50°C in less than 15 minutes. Parking in the shade and cracking windows does little to help. Dogs can quickly suffer from heat stroke in high temperatures, and this is a serious condition for them – it can lead to brain damage, organ failure or death, with a mortality rate of 39–50 percent.
- ! Leaving your dog in your vehicle is an offence under the Animal Welfare Act and you could be fined \$300. If you're not sure your destination is dog-friendly, leave your pooch at home! If you find a dog in a hot car, act immediately. Call **SPCA** on **0800 SPCA NZ**, or the Police.



**Visit [spca.nz](https://www.spcanew Zealand.org.nz)**

for more great summer tips  
and advice for your pets.

# Keep your **HOME TIDY** and organised this **SUMMER!**

Summer is the perfect time to take care of your home and prevent small issues from becoming big problems.

- ✓ **Clear gutters and downspouts:** If it's within reach, remove leaves, twigs and debris from gutters to prevent blockages that can lead to water damage.
- ✓ **Check for leaks:** Inspect under sinks, around windows, and on ceilings for any signs of water damage. Report leaks or building maintenance to Kāinga Ora as soon as you spot them.
- ✓ **Keep outside areas tidy:** Remove rubbish, old furniture or clutter from your yard to prevent tripping hazards and reduce fire risk. Remember to mow your lawn and keep your gardens tidy.
- ! **Clean and organise storage areas:** Use the summer to organise cupboards, closets and sheds, getting rid of anything you no longer need.
- ! **Rubbish and recycling:** Dispose of rubbish and recycling using the correct council bins or communal facilities for larger complexes. Check your local council website for any changes to collection over the summer period.

PREVENT  
**SMALL  
ISSUES**

FROM BECOMING  
**BIG  
PROBLEMS**

## REPAIRS?



The Kāinga Ora Customer Support Centre is open over the summer period on **0800 801 601**. You can also lodge any repairs or maintenance requests through the [MyKāingaOra app](#)



# Keep your home a **SAFE** haven this **SUMMER!**



With more people out and about, keep your home secure with these smart tips.

- ! **Get to know your neighbours:** The most important action you can take to make your community safer is get to know the people who live around you. People who know each other are more likely to offer, accept, and ask for help when needed.
- ! **Lock up when you leave:** Always lock windows and doors, even if you're just popping out to do a quick errand.
- ! **Don't leave valuables visible:** Keep valuables like electronics or cash packed away and out of sight and away from windows.
- ! **Light up entryways:** Keep lights on outside your home to deter intruders and make it easier to see when you come home.
- ! **Keep an eye out:** If you're living in a large complex, make sure not to let others follow you into the building if they don't have their own keys or swipe cards.
- ✓ **Be mindful on social media:** Avoid sharing your travel plans or showing that you're away from home on social media. Keep those holiday photos ready to go for when you're back.
- ! **Report suspicious behaviour:** If you notice anything unusual in your neighbourhood, let your Housing Support Manager or the Police know. Your vigilance helps keep everyone safe.



## When road tripping this summer

We all want to get safely to where we need to be, and this is even more important during busy holiday traffic in the summer. New Zealand Police would like to reduce the number of fatal incidents year-round. But you'll notice an even stronger Police presence as they patrol the roads and enforce the road safety laws.

### Make sure that:

- You and your passengers are restrained by seat belts.
  - You're not driving while impaired (by alcohol, drugs or fatigue).
  - You're following the speed limit and adapting to the roading conditions.
  - You're not being distracted by your mobile phone, or your passengers.
- ! **Check** your tyre pressure, tyre tread and brakes well before you set off on your road trip. Make sure you're well rested and, if possible, share the driving on long journeys.



**CONNECT**  
WITH NEIGHBOURS

HELPS  
**PROTECT**  
THE COMMUNITY



**CHECK OUT**  
more neighbourhood  
safety tips here:



# Need a little **EXTRA HELP** over the summer?

While summer can be a lot of fun, the holidays often bring added stress with budgeting and family commitments. There are times we can all do with some extra support. Here are some resources and services that can make things a bit easier.



**Foodbanks:** If you need assistance with food, you can find your nearest foodbank at [foodbank.co.nz](https://www.foodbank.co.nz)

**Budgeting help:** For help with planning matters and getting your budget in place, visit [sorted.org.nz](https://www.sorted.org.nz)

**Need to talk:** If you're feeling stressed or overwhelmed, you can call or text **1737** to talk anonymously and confidentially with a trained counsellor or peer support worker. This service is free and available 24/7.

**Need advice:** For legal advice or support, you can contact your local Citizens Advice Bureau for a confidential chat. Find your local branch at [cab.org.nz](https://www.cab.org.nz)

**Community Alcohol and Drug Support:** If you, or your whānau, need support, you can call **0800 787 797** or text **8681** to speak anonymously with a trained counsellor. This service is free and available 24/7.

**Visiting Service:** The Age Concern Visiting Service is a befriending service that connects older people with volunteers who are keen to spend time getting to know them. The volunteers are police-checked and trained and spend about an hour each week sharing conversation and activities with their older friend. Some visits take place in the client's home, and some involve going out together. Matches are made thoughtfully based on personality, shared interests, cultural needs, and location, with regular reviews to ensure compatibility.

If you or anyone you know needs their help, please contact your local Age Concern office on **0800 652 105** or visit [www.ageconcern.org.nz](https://www.ageconcern.org.nz)

**Police and emergency services:** If you need help from the Police or emergency services:

- **Call 111** for emergencies or if you need immediate assistance
- **Call 105** for non-emergencies

## For more information



► [sunsmart.org.nz](https://www.sunsmart.org.nz)



► [watersafety.org.nz](https://www.watersafety.org.nz)



► [checkitsalright.nz](https://www.checkitsalright.nz)



► [spca.nz](https://www.spca.nz)



► [ageconcern.org.nz](https://www.ageconcern.org.nz)



► [police.govt.nz](https://www.police.govt.nz)



► [neighbourhoodsupport.co.nz](https://www.neighbourhoodsupport.co.nz)

[kaingaora.govt.nz](https://www.kaingaora.govt.nz)