

AKIK MA? KHUA A DAWM MA? A LIN MA? NI A TLANG MA?

Zeibantuk nikhua a si zongah, na vun le mit kilvennak caah Ni Khamnak (SunSmart) caah dot 5 an timi kha zul. A lakin Sunsmart app ah ni fatin in zei tik caan ah dah nilinh khamnak hman na herh ti kha chek.

- Na vun a hupmi **thilpuan** i hruk.
- SPF 30 (asiloah asang deuhmi) le ti kham khotu a simi ni **khamnak sii (sunscreen)** kha nazi 2 dan in i thuh.



- Na lu, hmai, mit, hnakhaw le na hngawng a phenh khomi **luchin** i chinh.
- Naidem/thladem** tangah um.
- AS 1067 ttazeih aattialmi nika khamtu **mithman** i benh.



SunSmart cu Cancer Council Victoria i a riantuannak program pakhat a si i VicHealth nih a bawmhmi a si.

Tamdeuh theih na duh ahcun TIS kha 13 14 50 ah chawn law holhlettu an in auhpiak in Cancer Council Victoria ah chonh ka duh tiah chim.

