



As you enjoy the warm summer weather, don't forget to protect yourself from UV rays. Overexposure to the sun can lead to certain types of skin cancers, make your skin leathery and wrinkly, and damage your eyes.

The following websites offer important tips and information on skin cancer, sunscreen, and protecting your eyes from the sun's UV rays.

www.medicaldaily.com/july-uv-safety-month-best-ways-protect-yourself-skin-cancer-290518

www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

www.epa.gov/sites/production/files/documents/sunscreen.pdf

www.aao.org/eye-health/tips-prevention/sun