

UV PROTECTION CHART				
Low (0-2)	Medium (3-5)	High (6-7)	Very High (8-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Staying indoors between 10am-4pm

July is National UV Safety Month

Skin cancer is the most common type of cancer in the United States. In addition to skin cancer, UV damage can cause cataracts and macular degeneration, along with wrinkly, blotchy skin. The good news is you can take steps to prevent skin cancer.

- Wear protective clothing including broad brimmed hats to cover the face, ears, and neck.
- Wear sunglasses that block 99-100% UV rays and wrap around to protect eyes from every angle.
- Apply broad-spectrum UVA/UVB sunscreen with at least an SPF 15.
- Reapply 1 oz every 2 hours and after swimming and sweating.
- Go for the shade during the hours of 10am and 4pm.
- Be careful around reflective objects such as water, sand, cement and snow.

Check out the following websites for important information on protecting yourself and your family from the damaging effects of UV rays, along with information on detecting skin cancer:

https://www.va.gov/QUALITYOFCARE/education/UV_Safety_Awareness_Month.asp

<https://www.precheck.com/blog/july-national-uv-safety-month>

<https://www.cancer.org/healthy/be-safe-in-sun.html>

<https://healthfinder.gov/HealthTopics/Category/parenting/safety/steps-to-prevent-skin-cancer>

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

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

<https://foh.psc.gov/calendar/july.html>