



JULY IS

UV SAFETY MONTH



Summer is here and it is amazing to enjoy the sunny days. However, it is important to know that during this time the Ultraviolet (UV) rays are three times as bright as they are in the winter. The UV rays can damage your skin and also your eyes, leading to skin cancer, cataracts and vision loss. Protect yourself and others.

BE CAREFUL ! UV RAYS ARE EMITTED BY THE SUN AND FROM ARTIFICIAL SOURCES SUCH AS TANNING BEDS, MERCURY VAPOR LIGHTING, SOME HALOGEN, FLUORESCENT, AND INCANDESCENT LIGHTS

HOW TO PROTECT YOURSELF FROM UV RAYS?

- ☉ Stay in the shade, especially during midday hours.
- ☉ Wear clothes that cover your arms and legs.
- ☉ Wear sunglasses that block both UVA and UVB rays.
- ☉ Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection. Apply at least 15-30 minutes before going outdoors.
- ☉ Use a lip balm with a SPF of 15 or higher.
- ☉ Avoid indoor tanning. Indoor tanning is particularly dangerous for younger users. People who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.

