



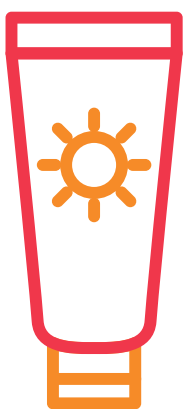
# JULY

## UV AWARENESS MONTH

### SUN SAFETY TIPS

#### Wear Sunscreen

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Health professionals recommend using sunscreen with a minimum sun protection factor (SPF) of 15 and both UVA and UVB (broad spectrum) protection. Additionally, apply a thick layer on all parts of exposed skin. Be sure to check the sunscreen's expiration date.

#### Avoid Indoor Tanning

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Indoor tanning exposes users to UV radiation. Health organizations advise limiting exposure to natural UV radiation from the sun and avoiding artificial UV sources such as tanning beds entirely. Using any form of indoor tanning increases the risk of skin cancer.



#### Wear a Hat and Sunglasses

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For the best protection, wear a large hat with that shades your face and neck. A thick fabric works best to protect your skin from UV rays. Sunglasses protect your eyes from UV rays and reduces the risk of cataracts. Sunglasses also protect the sensitive skin around your eyes from sun exposure.

#### Stay in the Shade

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Harmful outdoor UV exposure is most prevalent between the hours of 10 a.m. and 4 p.m. (Daylight Savings Time. UV rays from sunlight are the strongest during the late spring and early summer.

