

UV SAFETY MONTH

Skin Cancer is the most common form of Cancer in the United States.

One way to protect yourself from Skin Cancer is by protecting yourself from the harmful UV rays that come from the sun.

Let us help you!



JULY—SUN PROTECTION/UV SAFETY MONTH

Here are 5 ways to protect yourself from the harmful UV Rays of the SUN this Summer.

1. Have access to SHADE anytime of the day. You don't want to spend too much time in the sun, a little bit is okay, but then seek shade.
2. When you are out in the sun, WEAR A HAT to protect your face. The bigger the hat, the more you are protected.
3. Wear SUNGLASSES to protect your eyes from the sun's harmful rays. It is not just your skin that can get damaged, but your eyes can as well.
4. COVER UP! Wearing loose fitting long sleeve shirts and pants will help protect you as well. Just make sure you stay cool so you don't overheat. Many companies make SPF protecting clothing.
5. Wear SUNSCREEN and re-apply regularly. Sunscreen will help protect your skin that is being exposed to the UV rays. If you take a dip in some water to cool off, make sure you dry off and re-apply sunscreen after.

