

Healthy People

UV Safety Month

Don't let fun in the sun turn into a painful sunburn. Protect your delicate skin and eyes from the damaging affects of the sun. Remember to:

- Stay in the shade! Especially during the peak burning hours between 10:00 a.m. and 4:00 p.m. When being in a shady spot isn't an option...
 - ♦ Wear protective clothing including loose, long-sleeved shirts and pants. And don't forget the wide-brimmed hat!
 - ♦ If you have skin exposed to the sun, apply broad spectrum sunscreen. That's the kind that protects against both UVA and UVB rays. The SPF (sun protection factor) should be at least 15. If your skin easily burns, consider a higher SPF. Put sunscreen on at least 20 minutes before going outside and reapply throughout the day, especially if swimming or sweating.
 - ♦ Keep the peeps protected by wearing wrap around sunglasses with at least 99% UV block.



Keep in mind:

- If you are at a higher elevation there is less atmosphere to absorb UV radiation so you can get burned faster, and worse. Be extra careful!
- Getting a sunburn doesn't just affect you on the day you get it. Sunburns can cause problems down the road including rough, tough, and/or leathery skin. It also means a higher risk of skin cancer.

So, grab a hat, some sunglasses, and sunscreen to protect yourself from UV rays, and sunburn. Have a fun.....and SAFE....summer!

