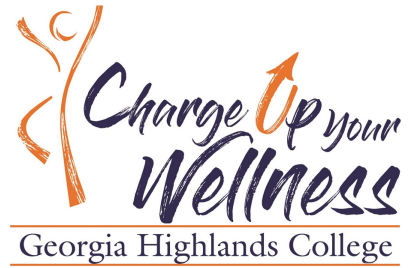


JULY IS UV SAFETY

MONTH!

DID YOU KNOW...



Skin cancer caused by Ultraviolet (UV) rays is the most common type of cancer in the U.S.

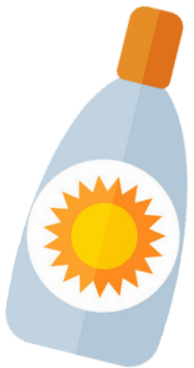
UVB ray (burning rays) exposure can cause sun burn, wrinkles, DNA damage, cancer and even cataracts in the eye



UVA rays (aging rays) are less intense, but can cause just as much damage over time

UV rays are strongest between 10 am and 4 pm

HOW TO AVOID UV DAMAGE...



- Wear sunglasses
- Layer up clothing
- wear a hat or carry a sun umbrella
- Seek shade when possible and try to avoid peak hours
- Apply sunscreen even on cloudy days
- Reapply sunscreen every 2 hours
- Find water resistant sunscreens with an SPF of 15 or higher



FOR MORE INFORMATION VISIT...

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

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