

JULY

Protect Your Skin, Stay Sun-Safe

July is UV awareness month. It's important for individuals with all skin types to be aware of the dangers of UV radiation and sun safety best practices.

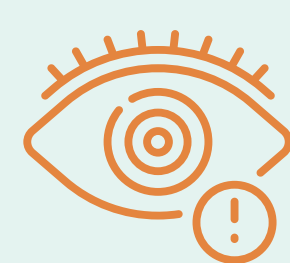


Risks Related to UV radiation:



Skin Damage

Prolonged exposure to UV radiation can lead to various skin problems, including sunburn, premature aging, wrinkles, and an increased risk of skin cancer.



Eye Damage

UV radiation can cause short-term and long-term damage to the eyes. It can result in conditions like photokeratitis (corneal sunburn) and cataracts and increase the risk of age-related macular degeneration, which can lead to central vision loss.



Weakened Immune System

Overexposure to UV radiation can weaken the immune system and make individuals more susceptible to infections and diseases.

Remember:

- » Apply sunscreen with at least SPF 30+ and broad spectrum protection, even on cloudy days, and reapply at least every two hours.
- » Wear protective clothing, wide-brimmed hats, and sunglasses.
- » Limit your time in the sun during peak UV hours (10 am to 4 pm) and seek shade when spending time outdoors.
- » Avoid indoor tanning beds and opt for safer alternatives such as self-tanning products.
- » Keep yourself well-hydrated, especially when spending extended periods outdoors.
- » Children are more susceptible to the harmful effects of UV radiation; take extra care to protect their skin using sunscreen and appropriate clothing.
- » Conduct self-examinations of your skin regularly to identify any changes or abnormalities.

Resources:

<https://www.epa.gov/sunsafety/health-effects-uv-radiation>.
<https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html>.
<https://www.cancer.org/cancer/risk-prevention/sun-and-uv/uv-protection.html>.