



JULY 2022

Is UV Safety Awareness Month

Summertime is here! Now's the time you can get outside, enjoy nice weather and soak up some sun. But, like with any good thing, too much sunshine can actually hurt your body. That's because the sun's ultraviolet (UV) rays contain radiation that can lead to serious health issues, including cancer.

July is UV Safety Awareness Month, making it the perfect time to learn how to protect yourself from UV exposure. According to the American Academy of Dermatology, here's what you can do to stay safe while appreciating the outdoors:

- Find shade when you need it.
- Wear clothing that protects against direct sunlight (e.g., a wide-brimmed hat).
- Use water-resistant sunscreen with a sun protection factor (SPF) of at least 30.

Speak with us to learn more about the risks of UV exposure and how you can best protect yourself.