



# JULY 2023

## Is UV Safety Awareness Month

During the summer months, it's time to get outside and enjoy the sunshine. But it's important to know that too much sun can negatively impact your body. Ultraviolet (UV) rays contain harmful radiation, and too much exposure can cause serious health issues, such as premature aging and skin cancer.

July is UV Safety Awareness Month. When the weather heats up, it's important to be aware of the impacts of UV exposure. To protect yourself, consider staying in the shade during the sun's peak hours, wearing protective clothing and using a broad-spectrum sunscreen with a sun protective 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.