

## **Jackson County Department of Public Health**

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### **June is UV Safety Awareness Month**

With summer here many of us are spending more time enjoying outdoor activities. Most of us probably use sunscreen on ourselves and children when we go to the pool or the beach, but we should protect our skin with more than just sunscreen anytime we are outside. Protecting ourselves from the sun is important all year round. No matter what we are doing outside, sun safety should be an everyday habit to avoid sunburn and lower the chances of getting skin cancer.

According to the CDC, exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. You can still work and play outside without raising your skin cancer risk by protecting your skin from the sun. To make sure you and your family are sun safe this summer follow these important sun safety tips:

- Stay in the shade, especially during late morning through mid-afternoon.
- Can't stay in the shade? Wear a brimmed hat, lightweight long-sleeved shirt and pants to protect your skin.
- Wear sunglasses that block UVA and UVB rays.
- Wear sunscreen with SPF 15 or higher with both UVA and UVB protection. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Be prepared to protect your skin this summer and make sure that you and your family stay sun safe.