



ULTRAVIOLET (UV) SAFETY

Wellness Tips

Ultraviolet rays, or UV rays, from the sun or from artificial sources like tanning beds, are known to cause skin cancer. Damage from exposure to UV rays builds up over time which is why sun protection should start at an early age.

Skin cancer is the most common type of cancer in the United States. Nearly 5 million people in the United States are treated each year. The good news is, most skin cancers can be prevented. Check out our 6 tips for UV safety this summer:

TIPS TO PROTECT YOU AND YOUR FAMILY FROM THE SUN



1) Apply Sunscreen – Use a thick layer of broad-spectrum sunscreen with an SPF of 30+ at least 15 minutes prior to going outside, even when it is cloudy.



2) Reapply Sunscreen – Reapply sunscreen at least every two hours and after swimming or sweating.



3) Wear Sun Protection Gear or Clothing – Wear a hat with a wide brim or a t-shirt or coverup when possible.



4) Invest in Good Sunglasses – Wear sunglasses that block both UVB and UVA rays to decrease the risk of cataracts and other eye related issues.



5) Seek Shade – Where possible, seek cover from the sun in a shady spot. This is especially important during the sun's peak which is between 10am – 4pm.



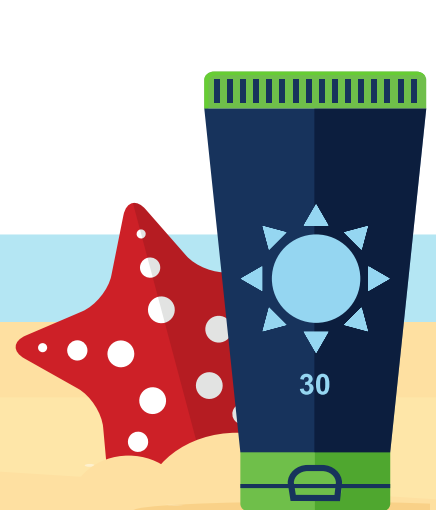
6) Avoid Outdoor and Indoor Tanning – Overexposure to UV light is the most preventable cause of skin cancer.

When Are UV Rays Strongest?

- From late morning to mid-afternoon
- During summer months
- At high altitudes

When to Complete a Skin Cancer Screening?

A skin cancer screening is completed with the hope of detecting an issue early in order to begin treatment immediately. Yearly dermatologist visits are important, especially for individuals with a history of skin cancer, or have noticed a worrisome change on the skin.



#ibpwellnesstips
Healthier Together

Sources:

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

<https://www.cancer.gov/types/skin/patient/skin-screening-pdq>

Please note that this tip sheet is educational and is not intended for diagnosis and/or treatment. Discuss any symptoms with you have with a physician.