



JULY



July is UV Safety Awareness Month

*The sun is necessary for life. It gives us the light and heat we need to survive. However, too much exposure to **Ultraviolet (UV) rays** from the sun can lead to **skin cancer** — especially melanoma, the deadliest form.*

Nationwide, July is the month in which we acknowledge raising the level of awareness about this preventable disease that claims the life of one person every 50 minutes.

Together We can Protect Ourselves and Our Family by following these SUN Safety Tips:



- Reduce exposure to the sun during its peak hours of 10 a.m. and 4 p.m.
- Always wear sunscreen with sun protection factor (SPF) of at least 30 to 50. Wear lip protection as well, also with an SPF of 30 or higher.
- Reapply sunscreen every hour or two, especially after swimming, sweating or partaking in any outdoor activity. Be extra careful when you are near water, snow, cement or sand, as these are reflective surfaces and can intensify your exposure.
- Wear protective clothing and accessories as per the UV index recommendations. This may include: a wide-brimmed hat, sunglasses, a long-sleeve shirt and long pants.

Further information on Safe Sun Tips and Free Sunblock give aways will be available at FRRH's 27th Annual Family Health Fair:

Saturday, August 6, 2016 (9am. -12pm.)

