



Community Health Department

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Sun Safety Tips



Wear sunglasses that wrap around and block both UVA and UVB rays



Wear a hat with a wide brim to shade your face, head, ears and neck



Seek shade, especially during midday hours



Use sunscreen with broad spectrum UVA and UVB ray protection and SPF of 15 or higher



Remember to reapply sunscreen at least every **2** hours and after swimming, sweating, or toweling off

The sun is shining, are you ready?

Events

June 1 & 15

Girls' Group

6pm-8pm - Clinic

June 15

Elder Abuse Awareness Day

June 16

Wear Blue Friday
Wear blue to support Men's Health

June 29

Diabetes Luncheon
12-1pm - Fitness Center

Look for weekly events
To support Men's Health Month

Fast facts about skin cancer

- There are about 72,000 new cases of skin cancer every year & 9,000 deaths from melanoma
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes
- It can take up to 12 hours for your skin to show the full effects of sun exposure.
- Even if it is cool and cloudy, you still need protection. UV rays do the damage - not the temperature
- Indoor tanning exposes users to both UVA and UVB rays which damage the skin and can lead to cancer
- A change in your skin is the most common sign of skin cancer
- Over the past 3 decades, more people have had skin cancer than all other cancers combined
- Ultraviolet (UV) radiation is a proven human carcinogen

You can find more information at:

https://www.cdc.gov/cancer/dcpc/resources/features/skincancer/?s_cid=govD_CancerNewsMay1_01

Tobacco

