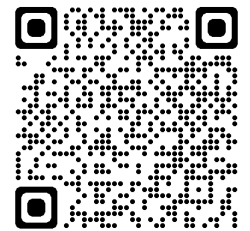


# Ultraviolet Light Safety Month

*Ultraviolet (UV) lights are invisible rays of light from the sun that are a leading cause of skin cancer. UV light can also hurt eyes.*



## Protect yourself from UV light with these tips

- Wear protective gear outside - UV-block sunglasses, as well as hats and other clothing that cover your skin.
- Wear broad-spectrum sunscreen - an SPF of 15 or higher - on exposed skin.
- Find shade if you spend a long time outside.
- Avoid tanning beds and sun lamps that emit UV light, which can impact both your eyes and skin.