July 2022

## 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.

Resource: www.cdc.gov/cancer/skin/basic\_info/sun-safety

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