



# ULTRAVIOLET (UV) SAFETY

## Wellness Tips

Ultraviolet (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. It can be extremely dangerous, expensive, and sometimes even deadly. 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 15 or higher at least 15 minutes before going outside. Remember, this is necessary even when it is overcast or cloudy outside.



**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** – Sunglasses that block both UVB and UVA rays offer the best protection. Exposure to UV rays can increase your risk of cataracts and other eye 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.



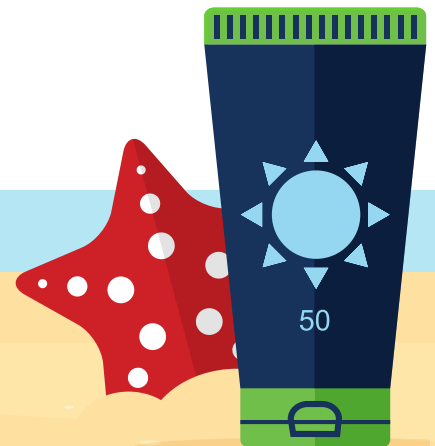
**6) Avoid Outdoor and Indoor Tanning** – Overexposure to UV light is the most preventable cause of skin cancer.

### When Are UV Rays Strongest?

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

### When to Complete a Skin Cancer Screening?

It is important to remember that a screening is completed before a person has any symptoms. A skin cancer screening is completed with the hope of detecting an issue early in order to begin treatment immediately. Regular skin checks by a doctor are also important for people who have already had skin cancer. If you are checking your skin and find a worrisome change, you should report it to your doctor.



#ibpwellnesstips  
Healthier Together

Sources:

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)  
<https://www.cancer.gov/types/skin/patient/skin-screening-pdq>

Disclaimer: 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.