

Wellness Tidbits

July is National UV Safety Month



NATIONAL UV SAFETY MONTH

Skin cancer is the most frequently diagnosed cancer in the U.S. affecting over 5 million Americans each year. Over the past three decades more people have had skin cancer than all other cancers combined. With the number of cases steadily increasing over the years, spreading the word about the dangers of ultraviolet (UV) radiation and the importance of prevention are key in changing behaviors and saving lives.

Reduce your risk of skin cancer with these easy tips:

- Cover your arms and legs with long sleeves and pants, wear broad-brimmed hats, and UV-blocking sunglasses to help protect your face, neck and eyes.
- Use a broad-spectrum sunscreen with SPF of 15 or higher. For extended outdoor activities, use a water-resistant, broad-spectrum sunscreen with an SPF 30+. Reapply every two hours after swimming, sweating or toweling off.
- Examine your skin regularly. If you see something suspicious on your skin such as itching, bleeding, changing shape, color or texture, see a physician immediately. Early detection is key in spotting early warning signs of skin cancer.



Resources: <https://www.cdc.gov/cancer/dpcp/resources/features/skincancer/index.htm>

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How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Over ___ million Americans are affected by skin cancer each year.

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