

## DHD#10 REMINDS RESIDENTS ABOUT SUN SAFETY DURING UV SAFETY AWARENESS MONTH

June 28, 2021 – For many Michigan residents, the sunshine and warmth of summer is a welcome change. With that said, District Health Department #10 (DHD#10) wants individuals to protect your skin and eyes from the damaging effects of the sun.

The sun emits radiation known as Ultraviolet A (UV-A) and Ultraviolet B (UV-B), and if not careful, unprotected sun exposure can:

- Damage the eyes and cause vision problems
- Suppress the immune system
- Age skin prematurely
- Cause skin cancer

The good news is, there are practical steps people can take to be safe in the sun and minimize the risks that come with sun exposure:

- **Cover up:** Wear a hat, sunglasses, and/or other shade-protective clothing to shield your skin and eyes from harmful UV rays.
- **Stay in the shade:** Limit outdoor activities to when it is coolest in the morning and evening or stay in the shade during peak midday hours, 10:00am-4:00pm.
- **Stay hydrated:** Drink plenty of water, especially in extreme heat and when you are sweating.
- **Choose the right sunscreen:** Have sunscreen handy that is at least 15 SPF and that protects against both UV-A and UV-B rays.
- **Use the right amount of sunscreen:** Apply at least one ounce (a palmful) of sunscreen every two hours. Apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.
- **Know when enough is enough:** If it gets too hot outdoors, spend some time indoors in the air conditioning.

By taking these precautions, you can enjoy the outdoors knowing that you are doing everything possible to protect your skin and eyes. Learn more about sun safety at [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm).

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