

DHD#10 HIGHLIGHTS TIPS FOR UV SAFETY AWARENESS MONTH

July 20, 2022 – July is UV Safety Awareness Month and District Health Department #10 (DHD#10) is highlighting tips to keep residents safe from ultraviolet (UV) radiation exposure.

“We all want to get out and enjoy the sunshine, but it’s important to do it safely and responsibly,” said DHD#10 Health Officer, Kevin Hughes. “Too much UV exposure can have damaging effects on the skin, eyes, and immune system and with everyone spending more time outdoors this summer, it’s important to protect yourself and your kids from the sun’s harmful UV rays.”

Know the Risks

Most skin cancers are caused by too much exposure to UV rays. Most of this exposure comes from the sun, but some can come from man-made sources, such as indoor tanning beds and sun lamps. People who get a lot of exposure to UV rays are at greater risk for skin cancer.

- UV rays, either from the sun or from artificial sources like tanning beds, can cause sunburn.
- Exposure to UV rays can cause premature aging of the skin and signs of sun damage such as wrinkles, leathery skin, liver spots, actinic keratosis, and solar elastosis.
- UV rays can also cause eye problems.
- Exposure to UV rays can also weaken the immune system to the point that the body has a harder time fending off infections. This can lead to problems such as reactivation of herpes triggered by exposure to the sun or other sources of UV rays. It can also cause vaccines to be less effective.

Sun Protection Tips

- If you are going to be outside, simply staying in the shade, especially during midday hours, is one of the best ways to limit your UV exposure from sunlight.
- Protect your skin with clothing that covers your arms and legs.
- Wear a hat to protect your head, face, and neck.
- Wear sunglasses that block UV rays to protect your eyes and the skin around them.
- Use sunscreen to help protect skin that is not covered with clothing.
- If you or your child burns easily, be extra careful to cover up, limit exposure, and apply sunscreen.
- Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing. Sunscreen may be used on small areas of exposed skin only if adequate clothing and shade are not available.

For more information about how to protect yourself from UV rays this summer, visit:
<https://www.cancer.org/healthy/be-safe-in-sun.html>.



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Disclaimer: DHD#10 often highlights the importance of various local, national, and international health observations. DHD#10 does not provide services related to UV Safety Awareness Month and therefore cannot comment on matters or services pertaining to treatment, prevalence, or any other related clinical service.