

## July Is UV Safety Month

Hats, sunglasses, and protective clothing are all recommended as protection against excessive ultraviolet radiation (UV). While small amounts of UV are needed for the production of Vitamin D, too much UV may result in acute and chronic health effects on the skin, eyes and immune system.

The following steps for reducing your risk of sun-related illnesses are recommended by the U. S. Centers for Disease Control and the Environmental Protection Agency.

- Limit your time in the sun between 10 a.m. and 4 p.m.
- Whenever possible, seek shade.
- Use a broad spectrum sunscreen with an SPF of at least 15.
- Wear a wide-brimmed hat, and if possible, tightly woven, full-length clothing.
- Wear UV-protective sunglasses.
- Avoid sunlamps and tanning salons.
- Watch for the UV sun index daily.