Announcements June Sun safety

Do you know that sunlight contains ultraviolet rays that can harm your skin and eyes? No one is completely safe from the sun. One of the best ways to protect yourself from the damaging effects of the sun is to apply a broad spectrum sunscreen with a SPF of 30 or higher that protects against both UVA and UVB rays. Start applying it today.

There are many positive effects of the sun including warmth, light and enhancing people’s mood. However, it is important to keep in mind that sun rays are strongest from 10:00 am to 4:00 pm - so, remember to seek shade when you’re outside. A hat is one of the best ways to create shade wherever you need it.

June is sun safety month. Another way to protect yourself from the harmful effects of the sun is to cover up during outdoor activities. Wear long sleeve shirts and pants, wide brim hats and sunglasses with 100% UV protection. You’ll look great and you’ll be protecting yourself at the same time.

Not only do you need to protect your skin from the sun you also need to protect your eyes. Wear sunglasses with 100% UV protection to help prevent damage to your eyes. Remember to keep your shades on when you’re out.

We are promoting sun safety this month. Do you know that most skin cancers can be cured if caught early enough? Get to know your skin and check it regularly. This way you’ll be able to detect any changes early and have your doctor check to see if it is normal or not. Start looking today and know the location and appearance of moles and birthmarks.

Did you know that no tan from the sun is safe? Tanning beds do not give you a safe tan without burning. The strength of the ultraviolet rays are actually higher in tanning beds than in sunlight. If you really want that tanned look try sunless self-tanners or bronzers.

This month is sun safety. Remember slop on the sunscreen, slip on a long sleeve shirt and pants, slap on a wide brim hat, slide on sunglasses, and seek shade.

Video:

Dear 16 year-old me: http://www.youtube.com/watch?v=_4jgUcxMezM
5:03 minutes