



JULY 2020
COMMUNITY HEALTH

UV Safety Month

IN THIS TOOLKIT:

- **ABOUT UV RADIATION**
- **FACTS ABOUT UV EXPOSURE**
- **HOW TO PROTECT THE SKIN FROM UV RADIATION**

About Ultraviolet (UV) Radiation

- **THE MOST COMMON SOURCE OF UV RADIATION EXPOSURE COMES FROM THE SUN. SOURCES CAN BE MAN-MADE AS WELL, SUCH AS TANNING BEDS (MAHON, 2017).**
- **UV LIGHT EMITS THREE TYPES OF RADIATION (MAHON, 2017):**

UVA	PENETRATES DEEPLY INTO SKIN (CAUSES LEATHERING AND WRINKLING OF SKIN)
UVB	CAUSES SUNBURNS
UVC	BLOCKED BY THE OZONE LAYER OF OUR ATMOSPHERE

- **BOTH UVA AND UVB ARE LINKED TO SKIN CANCER (MAHON, 2017).**
- **UV RADIATION IS HIGHEST DURING SUNNY WEATHER AND AROUND SURFACES THAT REFLECT SUNLIGHT, SUCH AS WATER (MAHON, 2017).**

Facts About UV Exposure

- "INDOOR TANNING MAY BE RESPONSIBLE FOR AN ESTIMATED 400,000 CASES OF SKIN CANCER IN THE UNITED STATES ANNUALLY" (MAHON, 2017).
- "THE SUN'S ULTRAVIOLET RAYS CAN DAMAGE YOUR SKIN IN AS LITTLE AS 15 MINUTES" (CDC, 2020).
- THERE IS AN "ESTIMATED 87,110 NEW CASES OF INVASIVE MELANOMA ANNUALLY AND 9,730 DEATHS ANNUALLY" (MAHON, 2017).
- OVEREXPOSURE TO UV RADIATION CAN ALSO CAUSE (U.S. DEPARTMENT OF VETERANS AFFAIRS, 2016):
 - VISION PROBLEMS
 - EYE DAMAGE
 - PREMATURE SKIN AGING
 - SKIN CANCER GROWTH
 - IMMUNE SYSTEM SUPPRESSION

Protective Measures

- **SEEK SHADE WHEN POSSIBLE**
- **SUNSCREEN**
 - **WEAR EVEN IN THE SHADE OR ON CLOUDY DAYS**
 - **BROAD SPECTRUM SPF 15 OR HIGHER IS RECOMMENDED**
 - **REAPPLY IF IN THE SUN FOR MORE THAN 2 HOURS AND AFTER SWIMMING**
 - **NOTE THAT SUNSCREEN HAS A SHELF-LIFE OF NO MORE THAN 3 YEARS**
- **WEAR LONG SLEEVED SHIRTS AND PANTS MADE OF TIGHTLY WOVEN FABRICS (CDC, 2020).**
 - **"A TYPICAL T-SHIRT HAS AN SPF RATING LOWER THAN 15, SO USE OTHER TYPES OF PROTECTION AS WELL" (CDC, 2020).**
- **WEAR A HAT THAT COVERS YOUR FACE, EARS, AND NECK (CDC, 2020).**
- **WEAR SUNGLASSES TO PROTECT YOUR EYES (CDC, 2020).**

References

Centers for Disease Control and Prevention (2020). Sun safety. Retrieved from https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Mahon, S. (2017). Raise awareness in july for ultraviolet safety and skin cancer risk. *Oncology Nursing Society*. Retrieved from <https://voice.ons.org/stories/raise-awareness-in-july-for-ultraviolet-safety-and-skin-cancer-risk#:~:text=The%20U.S.%20Department%20of%20Health,harmful%20effects%20of%20UV%20rays>.

U.S. Department of Veterans Affairs (2016). UV safety awareness month. Retrieved from https://www.va.gov/QUALITYOFCARE/education/UV_Safety_Awareness_Month.asp