

WIC WELLNESSWORKS

July is UV Safety Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin.

You can take steps today to protect your skin:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Re-apply sunscreen every 2 hours.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

For more sun safety information and resources, visit <http://www.foh.hhs.gov/Calendar/july.html>

