

# JULY WELLNESS:

## SUN SAFETY



Sun safety is an important topic around this time of year, as more time may be spent outdoors enjoying family and friends gatherings, at the beach, gardening, participating in outdoor physical activities such as fishing, walking, hiking, kayaking and much more. You may have heard sun safety tips in the past, so put your knowledge to the test and try this quick quiz through the American Cancer Society:

### [Sun Safety Quiz: What's Your Sun Safety IQ?](#)

This quiz is very informative. After each answer, you will know if you answered the question correctly, and there will be educational information on the topic of each question.

Here are a few additional tips from the American Cancer Society on UV ray protection:

**“Stay In the Shade”** ~ The obvious solution to protecting yourself from UV rays, is to simple stay out of the sun.

**“ Slip on a Shirt”** ~ Clothing can help to protect your skin. However, be aware that different types of clothing offer different levels of UV protection. For example, you will usually get more protection from dark clothes than clothing of light colors. Also, if a fabric is light enough to see through, UV rays can get through the piece of clothing. Some clothing is labeled and offers UV protection factor (UPF). *(see additional information on clothing for UV protection by clicking on the link below)*

**“ Use Sunscreen”** ~ Sunscreen protects your skin from UV rays; however, it is important to note that some UV rays still can get through a sunscreen application. When choosing a sunscreen, be sure to read the label and look for the recommended *30 sun protection factor (SPF) or higher*, and look for a sunscreen that protects against both UVA and UVB rays, which is *broad spectrum protection*. *(see additional information on sunscreen use by clicking on the link below)*

**“ Wear a hat”** ~ The best hat for sun protection will offer coverage for your face, nose, ears, scalp, forehead, eyes and neck. The hats with the most protection have brims that are 2 - 3 inches all around. Another option is a shade cap, which is like a baseball cap with fabric coming down from the sides and back. It is also good to note that tightly woven fabrics are more protective than straw hats.

For additional information on these tips, and to see more tips from the American Cancer Society, click here:

[How Do I Protect Myself from Ultraviolet \(UV\) Rays?](#)