



JULY IS  
**UV SAFETY**  
– AWARENESS MONTH –



## What is Ultraviolet (UV) Safety Awareness Month?

Summer has arrived in Maine, which means that it is a golden time to highlight the month of July as Ultraviolet (UV) Safety Awareness Month. This month serves as a reminder of the importance of protecting our eyes and skin from the side effects of Ultraviolet (UV) rays. By learning the risks associated with too much sun exposure and by taking the correct precautions to protect ourselves and our families, everyone can enjoy those warm summer rays and the outdoors safely this summer.

Ultraviolet (UV) radiation is emitted by the sun and artificial sources, such as tanning beds. UV radiation does have beneficial effects including the production of a vital nutrient, Vitamin D, however, overexposure may present risks such as sunburn, skin cancer, and premature aging.

## How to Protect Your Skin from the Sun

- **Apply sunscreen** – Use [broad spectrum sunscreen](#), which offers protection against both UVA and UVB rays, and has an SPF of 15 or higher. Reapply sunscreen if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.
- **Cover up** – Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.
- **Seek shade** – The sun's UV rays are strongest between 10 a.m. and 4 p.m. Seek shade or other cool areas when possible.
- **Use extra caution near water and sand** – Water and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Check the UV index daily** – When the UV index is higher, take extra precaution to protect yourself from the sun. When planning outdoor activities, follow the [EPA's safety recommendations](#).
- **Get vitamin D safely** – Your body makes vitamin D when your skin is exposed to the sun. However, it's important to limit how much time you spend in the sun. Get vitamin D safely through a diet that includes [foods fortified with vitamin D](#).
- **Avoid tanning beds and sun lamps** – Tanning devices can cause long-term skin damage and increase your risk of skin cancer.

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SCAN ME

### Did you know?

As a State of Maine employee, you and all of your household members have access to the [Living Resources Program](#) which offers a number of resources on sun safety, skin cancer, and skin care.



As a State of Maine Health Plan member, you can get care for skin, hair, and nails with online dermatology through [LiveHealth Online](#). Sign up today to get convenient access to care, from anywhere!