



July is UV Safety Month!



The #1 source of ultraviolet radiation (UV) is sunlight.

UV Safety Tips

1. Wear sunscreen (SPF 30 & up)! Re-apply every 2 hours
2. Consider sunglasses with UVA absorption to protect your eyes.
3. If your shadow is shorter than you, the sun's rays are at their strongest.
4. Wear bright or dark clothing and a broad-brimmed hat.

Sunscreen 101

1. Products that pass the new FDA's testing requirements for adequate protection against both UVA and UVB radiation can now be labeled as "Broad Spectrum" sunscreen.

2. Sunscreen isn't magic and is not sweat proof or waterproof.

3. No product can block the sun entirely.

4. Sunscreen can't be labeled with a SPF value higher than 50.

Hours in the Sun	Very Fair Never tans, always burns	Fair Tans slowly, burns easily	Light Usually burns fast	Medium Burns minimally	Dark Rarely burns
1	SPF 20	SPF 20	SPF 0-10	SPF 0-10	SPF 0-10
2	SPF 30	SPF 30	SPF 30	SPF 20	SPF 0-10
3	SPF 40	SPF 40	SPF 30	SPF 20	SPF 20
4	SPF 50	SPF 50	SPF 40	SPF 30	SPF 20
5	SPF 50	SPF 50	SPF 40	SPF 30	SPF 20