Sun Safety Tips from the Health Office

It's so important to protect your body's largest organ, the SKIN! Sun safety is always in season, no matter the weather. Exposure to the sun can cause sunburn, skin aging, eye damage and skin cancer (U.S. Food and Drug Administration, 2019). The Centers for Disease Control and Prevention ([CDC], 2021) reports that in the U.S. nearly 5 million people are treated for skin cancer each year. The sun's ultraviolet rays can damage your skin in as little as 15 minutes (CDC, 2021).

Prevention is key!
Here are some sun safety tips to protect you and your family while enjoying the outdoors.



References:
Centers for Disease Control and Prevention. (2021). *Skin cancer.* https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families.htm

U.S. Food and Drug Administration. (2019). *Tips to stay safe in the sun: From sunscreen to sunglasses.* https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses