



County of Rockland Department of Health NEWS RELEASE

Health Department announces July is UV Safety Month

Protect your skin and eyes while having fun in the sun

Pomona, NY – The Rockland County Cancer Institute announces that July is UV Safety Month, and encourages County residents to protect their skin and eyes while having fun in the sun this summer.

“Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, especially in the summer when UV rays are strongest,” said Dr. Joan Facelle, Rockland County Commissioner of Health.

The American Cancer Society recommends the following to protect your skin and eyes from the sun:

- **Cover up:** When you are out in the sun, wear lightweight clothing to protect as much skin as possible.
- **Use a sunscreen with a sun protection factor (SPF) of 15 or higher:** For best results, reapply every 2 hours -- even more if you are swimming or sweating. Protect your lips by using a lip balm with SPF. Use the sunscreen and lip balm even when it is overcast outside.
- **Wear a hat** with at least a 2- to 3-inch brim all around to protect your neck, ears, eyes, forehead, nose, and scalp.
- **Wear sunglasses that block UV rays:** Sunglasses (preferably wrap-around) with at least 99% UV absorption block damaging UVA and UVB light.
- **Limit direct sun exposure during midday:** UV rays are most intense during the middle of the day, usually between the hours of 10 am and 4 pm.
- **Avoid tanning beds and sunlamps:** Tanning lamps give out UVA and frequently UVB rays also. Both UVA and UVB rays can cause serious long-term skin damage and can contribute to skin cancer.
- **Protect children from the sun:** Parents and other caregivers should protect children from excess sun exposure by following the recommendations described above. Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing.

For more information on sun safety, visit the American Cancer Society website at www.cancer.org.

The Rockland County Cancer Institute, of the Rockland County Department of Health, provides education about reducing your risk and early detection of cancer, and referrals to cancer related services. For more information or to schedule a program call (845) 364-3857 or visit our website www.RocklandCancerInfo.com.

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