July is UV Safety Month

Who needs to wear sunscreen? Everyone! Sunscreen use can help prevent skin cancer by protecting you from the sun's harmful ultraviolet (UV) rays. Anyone can get skin cancer, regardless of age, gender or race. According to the American Academy of Dermatology, it is estimated that one in five Americans will develop skin cancer in their lifetime.

What are UV rays?
Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds and sunlamps. There are two types of UV rays--.

- Ultraviolet A (UVA) is the most common. UVA rays can prematurely age your skin, causing wrinkles and age spots and can pass through window glass.
- Ultraviolet B (UVB) is less common than UVA, but can still be damaging. UVB rays are the primary cause of sunburn and are blocked by window glass.

When should I use sunscreen?
Sunscreen should be worn every day if you will be outside. The sun emits UV rays year-round. Even on cloudy days, up to 80 percent of the sun's harmful UV rays can penetrate your skin. Snow, sand and water increase the need for sunscreen because they reflect the sun's rays.

How can you prevent it from damaging your skin?

- Seek shade between 10 a.m. to 2 p.m. These hours are the most hazardous for UV exposure.
- Use a sunscreen with an SPF of 30 or higher and both UVA and UVB protection. One application should be about one ounce of sunscreen.
- Apply sunscreen 15 minutes before you go outside and reapply after you've been in the sun for more than two hours, after a swim or after activities that make you sweat.
- Wear clothing, sunglasses and a wide-brim hat to protect your skin and eyes.
- Don't forget to protect your lips! Wear a lip balm with at least an SPF of 30.

Information from: https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs

Additional resources:
https://www.cdc.gov/niosh/topics/sunexposure/recommendations.html
Emory Dermatology: Call 404-778-7777 to find a location or specialist for you.