



UV Safety



July is UV Safety Month. Hats, sunglasses, sunscreen and protective clothing are all recommended as protection against excessive ultraviolet radiation (UV).

Do you know why you need this protection? The answer is that while small amounts of UV are essential for the production of Vitamin D, excessive UV may result in acute and chronic health effects on the skin, eye and immune system. (WHO)

But there are other UV-related issues that you should be aware of. For example, in addition to causing cancer, cataracts, and other potentially threatening health problems, the photochemical effects of UV radiation can be "exacerbated by chemical agents including birth control pills, tetracycline, sulphathizole, cyclamates, antidepressants, coal tar distillates found in antidandruff shampoos, lime oil, and some cosmetics." Health Physics Society.

By giving yourself a short refresher course in the dangers of UV and taking a few simple

precautions, you can greatly reduce your risk of sun-related illnesses. The following steps are recommended by the U.S. Centers for Disease Control and Prevention (CDC) and the Environmental Protection Agency (EPA):

ABCs for FUN in the SUN

A = AWAY. Stay away from the sun in the middle of the day.

B = BLOCK. Use SPF15 or higher sunscreen.

C = COVER UP. Wear a T-shirt and a hat.

S = SPEAK OUT. Talk to family and friends about sun protection.

- Limit your time in the sun between 10 a.m. and 4 p.m.
- Whenever possible, seek shade.
- Use a broad spectrum sunscreen with an SPF of at least 15.
- Wear a wide-brimmed hat and if possible, tightly woven, full-length clothing.

- Wear UV-protective sunglasses.
- Avoid sunlamps and tanning salons.
- Watch for the UV Index daily. UV Index reports can be found in local newspapers, on television, or on the Web at the U.S. National Weather Service, the World Health Organization and other weather services.

The American Academy of Dermatology recommends that, "If you must be in the sun, use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15, even on cloudy days."

Source: <http://www.aad.org>

Courtesy of Wellness Proposals