



UV Safety Awareness Month

Summer is here—and with it comes the sunshine we've all been craving! For the month of June we are focusing on **UV Safety**, and it's the perfect time to refresh our knowledge about how to stay protected while enjoying the outdoors.

Whether you're walking the dog, gardening, hiking, or just commuting to work, UV radiation can cause skin damage even on cloudy days. Read on for essential tips, trusted resources, and a few fun facts to help you stay safe in the sun.

Why UV Safety Matters...

- **Ultraviolet (UV) rays** from the sun can cause premature skin aging, eye damage, and increase the risk of skin cancer.
- UV exposure is cumulative, meaning it adds up over your lifetime.
- **More than 5 million cases of skin cancer** are diagnosed in the U.S. each year—most of which are preventable.

Sun Safety Tips for Your Daily Life...

1. **Wear Broad-Spectrum Sunscreen:** Try using SPF 30 or higher, reapply every 2 hours or after swimming/sweating, and don't forget your ears, neck and hands!
2. **Seek Shade:** UV rays are strongest between 10am and 4pm. Take breaks indoors or under an umbrella.
3. **Dress for the Sun:** Lightweight long sleeves, wide-brim hats, and UV-blocking sunglasses can make a big difference. Check your clothing's UPF (Ultraviolet Protection Factor) rating.
4. **Protect Your Eyes:** Sunglasses should block 100% of UVA and UVB rays. UV damage can lead to cataracts and other vision issues.



Sunscreen 101...

- **Chemical vs Mineral Sunscreen:** Chemical sunscreen absorbs UV rays, converts them into heat and releases from the skin, while mineral (physical) ones sit on top of the skin and reflect the UV rays.
- Look for **zinc oxide or titanium dioxide** if you prefer mineral options.
- Check expiration dates – yes, sunscreen can expire!

Helpful Resources:

- [UV Index App \(EPA\)](#) Real time UV forecast in your area
- [Healthy Skin Tracker](#): Track your skin health and protection habits
- Check out [Blue Cross VT blog](#) on sun safety
- Explore More Tips at the [Skin Cancer Foundation](#)

For more information and resources on to stay safe in the sun, visit your Be Well Vermont Wellness Platform:
www.bluecrossvt.org/bewellvt



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