

## July: Summer Sun Safety Challenge

### What?

As much fun as the sun can be, there's nothing like the first sunburn of the season. That is why July is dedicated to sun safety. This month you'll practice protecting yourself from the sun's powerful rays.

### How?

To protect yourself while you enjoy your time in the sun, it is important to remember to apply sunscreen and to wear protective layers when possible. This month, you are invited to take part in July's 10-day sunscreen challenge. In order to get the most from this challenge, you'll learn helpful daily habits and be encouraged to apply sunscreen regularly. The challenge encourages you to place your sunscreen next to an object that you use every morning. Some people have had success placing it near their toothbrush or car keys. Apply sunscreen to your face, focusing on your nose, ears and forehead. Ideally, cover any exposed skin with at least 30 SPF. Reapply the sunscreen after two hours, especially if you plan to be in the sun, you have been sweating or you've been in water. Place the sunscreen application table at your desk to share your success with your fellow coworkers. Another option is on your bathroom mirror at home to see the days you have successfully applied sunscreen.

Sun exposure precautions and tips:

1. **Always put on sunscreen when going outside, even if it's cloudy**
  - a. Check the expiration date on your sunscreen
  - b. Choose a healthy sunscreen to fit your needs (Go to [www.skincancer.org/prevention/sun-protection/sunscreen/choosing](http://www.skincancer.org/prevention/sun-protection/sunscreen/choosing) for a guide on choosing sunscreen)
  - c. Reapply sunscreen every few hours, especially if sweating, swimming, or after towel-drying
  - d. Limit time in sun during its peak hours, usually around 10 a.m. to 4 p.m.
2. **Wear protective accessories**
  - a. Wear long sleeves and clothing that will cover your skin, when appropriate
  - b. Wear hats to shade your face, neck and ears
  - c. Wear sunglasses to protect your eyes (visit [www.glaucoma.org/treatment/a-guide-to-sunglasses.php](http://www.glaucoma.org/treatment/a-guide-to-sunglasses.php) for a guide on choosing sunglasses)

### Why?

The sun's powerful rays that cause you to burn can also be damaging to your skin and health. Over time, sun exposure can increase your risk of adverse health effects, including increased risk for melanoma. Today, skin cancer is the most common of all cancers. A sunburn is more than just a change in skin color. When viewed under a microscope, visible damage to the cells and blood vessels can be seen. This is true whether the burn turns into a tan or you peel. In fact, your skin doesn't need to turn red to be at risk. By choosing to use sunscreen, you are choosing to reduce the risk of U.V.-related harm and decrease your chances of getting certain cancers.

Source: Skin Cancer Foundation, Glaucoma Research Foundation, and Live Sun Smart Foundation

**Sunscreen Application Tracker** – Place a check mark after each day you complete the challenge.

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Sunscreen application</b>					
	Day 6	Day 7	Day 8	Day 9	Day 10
<b>Sunscreen application</b>					