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MCHD HEALTH BLOG

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Public Health
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MORGAN COUNTY HEALTH DEPT.



UV RAY PROTECTION TIPS

Summer has officially arrived! Longer days and warmer weather allow us to spend more time outdoors. This gives us more opportunities to be active! From hiking to gardening to kayaking down the Muskingum River, Morgan County has so many ways for you to get your body moving. Physical activity can improve overall health and wellness and time outdoors can bring stress level down and promote better mental health! No wonder we are excited for the summer season! Before you head out for your next summer adventure, let's review a few ways to protect yourself from the ultraviolet (UV) rays put off by that big, beautiful sun!

UV rays are an invisible kind of radiation that comes from the sun. UV rays can damage skin cells and too much exposure can cause skin cancer. Make these sun safety habits part of your routine to help protect yourself from those harmful UV rays:

- Look for ways to stay in the shade such as under a tree, umbrella, or shelter whenever possible.
- Minimize exposure to the sun between 10 am and 4 pm. This is when UV rays tend to be strongest in the United States.
- Wear a wide brimmed hat to shade your face, ears, and the back of your neck.
- Protect the skin around your eyes and reduce the risk of cataracts by wearing UV protective sunglasses.
- If possible, wear long-sleeved shirts and long pants or a skirt, to provide your skin with additional protection from UV rays.
- Apply sunscreen with a Sun Protection Factor (SPF) of 15 or more to exposed areas of skin. Don't forget, sunscreen wears off. Reapply it after swimming, sweating, or staying out in the sun for more than 2 hours. Most sunscreens are not approved for babies who are 6 months old or younger. Keep these little ones out of the midday sun and dress them in protective clothing if you must take them out in the sun.

By making these simple habits part of your summer days, you can enjoy the benefits of being outdoors while reducing your skin cancer risk. Protect your skin from that beautiful summer sun and enjoy all Morgan County has to offer!