

SUN SAFETY MONTH

Common Myths

About Sun Safety:

- Myth: Higher SPFs give significantly more protection- **SPF 30 will block 97% of the sun's rays, so anything over SPF 30, only adds a little more protection.**
- Myth: Any clothing will block the sun's rays- **Darker and brighter colors absorb more UV rays, so they provide more protection than white or light colored clothing.**
- Myth: Wearing sunscreen causes a Vitamin D deficiency- **The body only needs a little sun to produce Vitamin D. The few percent that SPF lets through is plenty.**
- Myth: You can't get burned if it's cloudy- **Even on cloudy days, 90% of the sun's UV rays get through the clouds and can cause you to burn.**
- Myth: It doesn't matter what time you go out in the sun- **From 10am to 4pm, the sun's UV rays are the strongest and can do the most damage, even in a short time.**
- Myth: You don't need sunscreen if you have darker skin- **Even if you have darker skin, UV rays can still cause skin damage and burns.**

Find out more at: [Cancer Center.org](https://www.cancercenter.org)

MENTAL HEALTH CORNER

July is National Parks and Recreation Month

July is the perfect time to get out and enjoy what your local Parks and Recreation has to offer!

**OUR
PARK AND
RECREATION
STORY!**

Did you know that 82% of U.S. adults agree that visiting their local parks, trails and open spaces is essential for their mental and physical well-being?

