

# ULTRAVIOLET (UV) SAFETY AWARENESS MONTH

July is recognized as UV Safety Awareness Month to remind of the significance of safeguarding the skin from UV radiation's harmful impacts, not only in summer but throughout the year. Ultraviolet (UV) radiation refers to specific energy rays emitted by the sun and artificial sources like tanning beds. Continuous and unprotected exposure to UV rays from natural or artificial sources can lead to various types of skin cancers, such as melanoma, basal cell carcinoma, and squamous cell carcinoma.

What are the effects of UV Ray exposure?

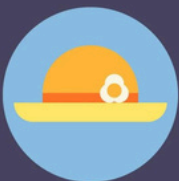


UV radiation has both positive and negative effects:

- It aids in the production of vitamin D, essential for absorbing calcium and phosphorus from food.
- It damages skin, causing sunburns and accelerating skin aging.
- It increases the risk of various skin cancers, including melanoma.
- It contributes to vision problems and eye damage.
- Prolonged exposure can weaken the immune system, raising susceptibility to infections.

## SUN SAFETY

### SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT

## MENTAL HEALTH CORNER

July 24th is **International Self Care Day!** Self-care involves any steps an individual takes to maintain their own health, using available knowledge and resources. It can also involve collaboration with healthcare professionals when necessary. By actively managing one's health and well-being through self-care, there are many advantages, including making informed healthcare decisions, promoting personal well-being, and optimizing resources for governments and health systems globally. Engaging in self-care activities such as regular exercise, adequate sleep, healthy eating, mindfulness practices, and seeking preventive healthcare are activities to promote self-care.