

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotchy skin. As you rub sunscreen on to protect your skin this summer, don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration (AMD) and growths on the eye, including cancer.

These are just some of the reasons why Lake County Public Health is proud to participate in UV Safety Month and help raise awareness of the risks of sun damage. During the month of July, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

You can take steps today to protect your skin:

- **Stay out of the sun between 10 a.m. and 4 p.m.**
- **Use sunscreen with SPF 15 or higher.**
- **Cover up with long sleeves and a hat.**
- **Check your skin regularly for changes.**



The American Academy of Ophthalmology offers these tips to protect your eyes from the sun:

- **Check for 100 percent UV protection:** Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.
- **Choose wrap-around styles:** This is so the sun's rays can't enter from the side.
- **Wear a hat:** In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- **Don't rely on contact lenses:** Even if you wear contact lenses with UV protection, remember your sunglasses.
- **Don't be fooled by clouds:** Sun damage to eyes can occur anytime during the year, not just in the summertime.
- **Protect your eyes during peak sun times:** It's especially important to wear sunglasses in the early afternoon.
- **Never look directly at the sun:** It can lead to solar retinopathy, damage to the eye's retina from solar radiation.
- **Don't forget the kids:** Everyone is at risk, including children. Protect their eyes with hats and sunglasses.

For more information, visit [www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin) or [www.GetEyeSmart.org](http://www.GetEyeSmart.org), or contact Public Health at 834-8400.

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