

THE CIRCLE

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Health And Wellness Focus: Protection from the Sun

Summer is Upon us!

During these hot summer months we all need to think of ways to protect ourselves from excessive exposure to the sun.

Ways to protect yourself:

- **Wear hats, protective clothing, and sunglasses to limit sun exposure.**
- **Wear Sunscreen!! It can help protect from the sun's harmful ultraviolet (UV) rays, which can cause skin damage, sunburn, skin cancer, and early skin aging.**
- **What Type of Sunscreen? The FDA recommends using broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days.**

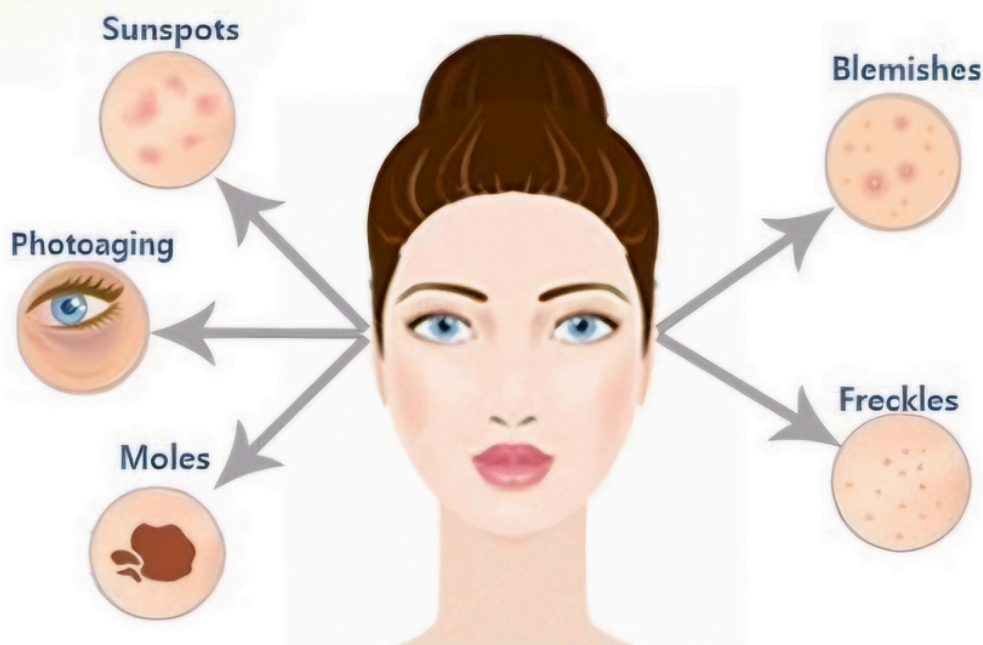


- **Be mindful of medications taken that may limit or not allow for any sun exposure, it is important to know if the medicine may cause the skin to sunburn more easily.**
- **Prescription medicines usually have instructions that will advise to stay out of the sun or wear sunscreen if it can increase skin's sensitivity to sun exposure.**
- **Non-prescription medicines may have precautions to avoid the sun, on the label.**

Health And Wellness Focus: The Importance of Sunscreen

WHY SUN PROTECTION IS IMPORTANT 365 DAYS A YEAR

WHAT ARE THE RISKS OF SUN EXPOSURE?



Also skin cancer including.

**Malignant
Melanoma**

BCC
(basal- cell carcinoma)

SCC
(small- cell carcinoma)

**Who
is at risk?**

Fair color
skin

Blue
eyes

Freckles



OR



you're
over 65.(5)

Stay Sun Protected!