



## Broward County Government Newsletter

July 2019

Volume 2, Issue 4

### Community Care Plan, "the health plan with a heart"

#### July is UV Safety Month

Ultraviolet (UV) rays from the sun can cause skin damage. Living in Florida, we have a lot of exposure to the sun. It can take just 15 minutes for the sun to damage your skin.

How do I protect my skin?

##### Sunscreen

The Center for Disease Control and Prevention recommends that you put on broad spectrum sunscreen with at least a sun protection factor (SPF) of 15 every time you go outside. Sunscreen works by interacting with the skin to protect you from UV rays. Not all sunscreens are the same. If one gives you a reaction talk to your doctor about which sunscreen can work for you. Also, be sure to check the expiration date. Sunscreens' expire about every three years, but could be shorter if left out in the heat.

Reapply: It is important to reapply sunscreen. If you are out in the sun for more than two hours, swimming, sweating, or using a towel to dry off be sure to reapply your sunscreen.

##### Shade

Going into the shade from the sun can reduce your risk of skin cancer and skin damage. Shaded areas include going under an umbrella, tree, or sheltered area.

##### Clothing and Accessories

To protect your skin from the sun, wear long sleeved shirts and bottoms. Tightly woven fabric allows for the most protection. Darker dry clothing also gives more UV protection. Some clothing is certified to have UV protection.

A hat can shade your face from the sun. Some hats are large enough to also shade your ears and the back of your neck. If your ears are not covered by your hat, be sure to apply sunscreen with SPF 15 or above.

Sunglasses help protect your eyes from the sun. Sunglasses also protect the skin around your eyes, and reduce your risk for cataracts. Wrap around glasses block UV rays from coming in on the side. Most sunglasses in the United States block both UVA and UVB rays.

Sources: [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

**Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST.**

**For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.**