

# SUMMER CELEBRATION SERIES: JULY

DO YOU WANT TO LEARN MORE? VISIT THESE RESOURCES:

- Sun safety for kids

<https://www.healthpartners.com/sun-safety-tips-for-kids/>.

- General sun safety tips

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

<https://www.cancer.org/latest-news/stay-sun-safe-this-summer.html>



Source: <https://www.healthline.com/health/black-people-need-sunscreen>

## July 3rd is National Stay Out of the Sun Day

When you think of the month of July, most likely fireworks, popsicles, and pool parties come to mind. Throughout the month of July, the sun is usually shining bright and outdoor activities are at their peak. July is the perfect time to focus on sun safety. In fact, July 3<sup>rd</sup> is National Stay Out of the Sun Day! According to a blog post by Bellevue University, this holiday might have originated to remind people of the link between the sun and skin cancer. [1] The sun is the brightest and the temperatures are the hottest in the summer months, so now is a perfect time to practice sun safety if you have not already started doing so.

## Why is Sun Safety Important?

While it is important to be active and enjoy the outdoors, it is important to limit your exposure to the sun. The sun projects harmful Ultraviolet (UV) rays. These UV rays can increase the risk for skin cancer, which is the most common form of cancer in the United States. [1] Skin cancer affects individuals of every age, race, ethnicity, and gender. In fact, skin cancer is the second most common form of cancer among individuals ages 15-29. [1]

Preventing skin cancer can be done in various ways. Avoid tanning beds and prolonged exposure to sunlight. Indoor activities are a great way to avoid sun exposure, but no one wants to be inside all summer. There are many ways to create a safer outdoor experience. Staying in the shade, covering up with clothing or hats, and use of sunglasses can help reduce your exposure to the sun.

The use of sunscreen is an important sun safety tool. Opt for at least 30 SPF broad spectrum sunscreen. [2] Not all sunscreens are made alike and different sunscreens contain different ingredients, so make sure you select a sunscreen that is right for you. For more help selecting the right sunscreen visit <https://www.cancer.org/latest-news/choose-the-right-sunscreen.html>.

## How to Celebrate National Stay Out of the Sun Day

Celebrate National Stay Out of the Sun Day by practicing sun safety! If it is too hot outside, stay inside and watch a movie, craft, or read a book. If you want to spend time outside, find some shade or use the previously mentioned sun tips to reduce sun exposure. Spending time outside in the summer can be a blast, just don't forget the sunscreen and don't overdo it!

Look for a new post later this month about another holiday occurring in July!



Source: <https://jackstoneinsurance.com/sun-safety-tips->

### Sources

1. Armstrong, C. (2020, July 3). National Stay Out of the Sun Day. Facts From the Stacks. <https://blogs.bellevue.edu/library/index.php/2020/07/19694/>.
2. Simon, S. (2020, April 15). Spend Time Outside and Stay Sun-safe. American Cancer Society. <https://www.cancer.org/latest-news/stay-sun-safe-this-summer.html>.