

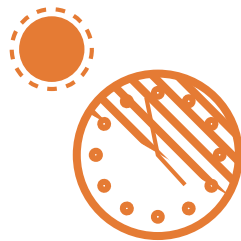
JULY 2026

UV SAFETY MONTH

Sun safety is a year-round responsibility, but it's especially important during the sunny summer months. Sun damage can lead to more than just a painful sunburn. Excessive exposure to ultraviolet (UV) rays emitted by the sun can result in serious health concerns, such as skin cancer. Furthermore, prolonged sun exposure can harm your eyes, leading to conditions such as cataracts, macular degeneration and even ocular melanoma.



Over **80% of skin cancers** are caused by overexposure to UV radiation.



UV rays tend to be **strongest from 10 a.m. to 4 p.m.**



A sunscreen with SPF 15 blocks **93%** of the UVB rays, and SPF 30 blocks **97%**.

This month, learn more about the UV index and take steps to protect your skin and eyes when enjoying the outdoors.