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RECOGNIZING UV SAFETY AWARENESS MONTH



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Fernandina Beach, FL – The Florida Department of Health in Nassau County recognizes July as Ultraviolet (UV) Safety Awareness Month. “UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps” (CDC, 2021). This month is recognized as a reminder to protect yourself from UV rays all year to help decrease the risk of skin cancer.

According to the Skin Cancer Foundation, about 90% of nonmelanoma skin cancers are associated with exposure to UV radiation from the sun. One in five Americans will develop skin cancer by the age of 70 years. In order to reduce the risk of any disease, it is important to know the factors that can contribute to the development of the disease.

The factors that increase your skin cancer risk are:

1. Indoor Tanning
2. Sunburns
3. Skin Type
4. Unprotected Exposure to UVA & UVB Rays
5. Genetics
6. Atypical Moles
7. Organ Transplant
8. Red Hair

The factors that can help decrease your skin cancer risk are:

1. Daily use of broad-spectrum sunscreen with an SPF 15+
2. Use of sunglasses, hats, and sun-protective clothing
3. Seeking shade when possible
4. Protective window film in your car and home
5. Annual skin exams with your physician
6. Monthly self-exams
7. A healthy diet

Performing a Self-Exam

The American Skin Cancer Foundation recommends you perform a head-to-toe self-exam once a month. If you see anything NEW, CHANGING, or UNUSUAL get checked by a physician as soon as possible. Please visit <https://www.skincancer.org/early-detection/self-exams/> for instructions on how to perform a self-exam.

What to Look For

- A growth that increases in size and appears pearly, transparent, tan, brown, black, or multicolored.
- A mole, birthmark or brown spot that increases in size, thickness, changes color or texture, or is bigger than a pencil eraser. Learn the ABCDEs of melanoma (To learn more please visit <https://www.skincancer.org/skin-cancer-information/melanoma/melanoma-warning-signs-and-images/#abcde>)
- A spot or sore that continues to itch, hurt, crust, scab, or bleed.
- An open sore that does not heal within three weeks.



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