

DID YOU KNOW... JULY IS UV SAFETY AWARENESS MONTH

UV Safety Awareness Month

This July is UV Safety Awareness Month, a time to highlight the importance of protecting your skin and eyes from the harmful effects of ultraviolet (UV) radiation. UV radiation exposure can cause sunburn, premature aging, eye damage, and skin cancer. According to the American Cancer Society, skin cancer is the most common type of cancer in the United States with more than 3.5 million cases diagnosed each year. Additionally, sunburn increases your risk of developing skin cancer. Hence, during this UV Safety Awareness Month, learn how you can protect yourself from the summer sun's UV rays.

What is Sunburn?

A sunburn happens when UV rays from the sun (or a tanning bed) burn your skin. There are three types of sunburn, and they are categorized based on severity, with first-degree being the least severe and third-degree being the most severe:

- **First-degree Sunburn:** damage to the skin's outer layer (typically heals on its own in a few days to a week)
- **Second-degree Sunburn:** damage to the middle layer of the skin (blisters develop and medical attention may be required)
- **Third-degree Sunburn:** damage to all layers of the skin (usually caused by a chemical burn or fire rather than the sun and require emergency treatment)

First-degree sunburns are the most common, and they may come with the following symptoms:

- Redness
- Skin feels hot or tight
- Swelling
- Peeling skin (after several days)

Prevention Strategies

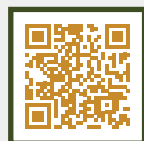
Below are a few strategies you can adopt to reduce your risk of developing a sunburn:

- Applying broad spectrum sunscreen everyday (SPF 30 or higher)
- Avoiding suntanning and tanning beds
- Being aware of your sun exposure when taking medications that increase your skin's sensitivity
- Seeing a dermatologist for annual skin cancer checks



Feed Your Brain with Utopia WellCare

Good nutrition can play a supportive role in protecting your skin from UV damage. Certain nutrients help strengthen your skin's natural defenses and may reduce the severity of sunburn. Through Utopia WellCare, you can strengthen your skin via one-on-one virtual consultations with Board Certified Registered Dietitians. Consultations are covered under preventive care for employees enrolled in the Medical Plan and offers 6 FREE visits.



Ready to Get Started?

- Email info@utopiawellcare.com
- Visit www.utopiawellcare.com
- Download Utopia WellCare mobile app

Aetna Healthy Lifestyle Wellness Coaching

Aetna Healthy Lifestyle Coaching is available to employees enrolled in the Aetna Medical Plan. The program offers personalized guidance to help you manage stress, build resilience, and foster healthy habits – like taking care of your skin. Call **866-213-0153** to meet one-on-one with a Wellness Coach at **NO** cost to you for up to seven calls.

Sources

- <https://my.clevelandclinic.org/health/diseases/21858-sunburn>
- <https://skinandcancerinstitute.com/july-is-uv-safety-month/>