

# Stay Safe this Summer from Damaging UV Rays!

UV is ultraviolet radiation that is present in sunlight.

Exposure to UV rays is linked to skin cancer, cataracts, premature skin aging, and immune system suppression.

## Safety tips:

Stay in the shade between 10 and 2.

Use SPF 30+ sunscreen and reapply every 2 hours.

Wear a wide brimmed hat.

Wear UV blocking sunglasses.

Be aware of sun sensitive medications.

And remember, reflected UV light from water, sand, and concrete can be as damaging as direct UV light.



For questions or concerns contact your  
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