



Weill Cornell Medicine

July Is

UV Safety Awareness Month



While sunshine is essential for your body to process vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone.

1 in 5

1 in 5 Americans get skin cancer.



Skin cancer is the **most common type of cancer** in the United States.



UV light exposure causes most skin cancers.



Just **five sunburns** doubles your risk of developing melanoma, the deadliest form of skin cancer.



Sun safety is easy:

Stay in the shade when possible.

Stay inside when the sun is at its brightest.

Use broad-spectrum sunscreen with an SPF of at least 30 and reapply frequently.

Wear a hat, long sleeves and sunglasses.



Indoor tanning beds have been designated by the International Agency for Research on Cancer as **"carcinogenic to humans"** since 2009.

The risk of developing melanoma **increases by 75%** if you start using tanning beds before age 35.



Most skin cancers are treatable when caught early. People with naturally darker skin are less likely to get early treatment for possible skin cancers.

Need a dermatologist and more skin care safety tips?
Find a provider at weillcornell.org



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