

# what's your UV:IQ?

FIND OUT AT:

[www.FOH.hhs.gov/UVIQ](http://www.FOH.hhs.gov/UVIQ)

JULY IS

## UV Safety Month

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)



Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

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## Calendar

### Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

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## July is UV Safety Month

# what's your UV:IQ?



The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Your skin also helps control body temperature and stores water, fat, and vitamin D, yet many people don't take care of their skin properly.

### Reasons to protect your skin

The need to protect your skin from the sun has become very clear over the years and is supported by several studies showing that sun exposure to skin is directly linked with skin cancer. The harmful UV rays from both the sun and sunlamps can cause many other complications besides skin cancer such as eye problems, a weakened immune system, sun spots, wrinkles, and leathery skin.

### How to protect your skin

There are simple everyday steps you can do to protect your skin from the sun.

- Wear proper clothing** - wearing clothing that will protect your skin from the harmful UV rays is very important. Some examples of protective clothing are long-sleeved shirts and pants. Also, it is important to remember to protect your head and eyes with a hat and UV resistant sunglasses. Keep in mind you can receive sun damage on a cloudy day and in the winter so dress accordingly all year round.
- Do not burn** - Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be wary of sunburns as well.
- Use extra caution when near water, snow and sand** - water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn, by doubling your UV ray exposure.
- Apply sunscreen** - generously apply sunscreen to cover all exposed skin. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Check the sunscreen label for more information on what your sunscreen is providing. Be

### Quick Take

## Test your UV:IQ

1. What does SPF stand for?

- Sun Prevention Formula
- Sunburn Prevention Formula
- Sunscreen Protection Factor
- Sun Protection Factor

Next Question

### Resources

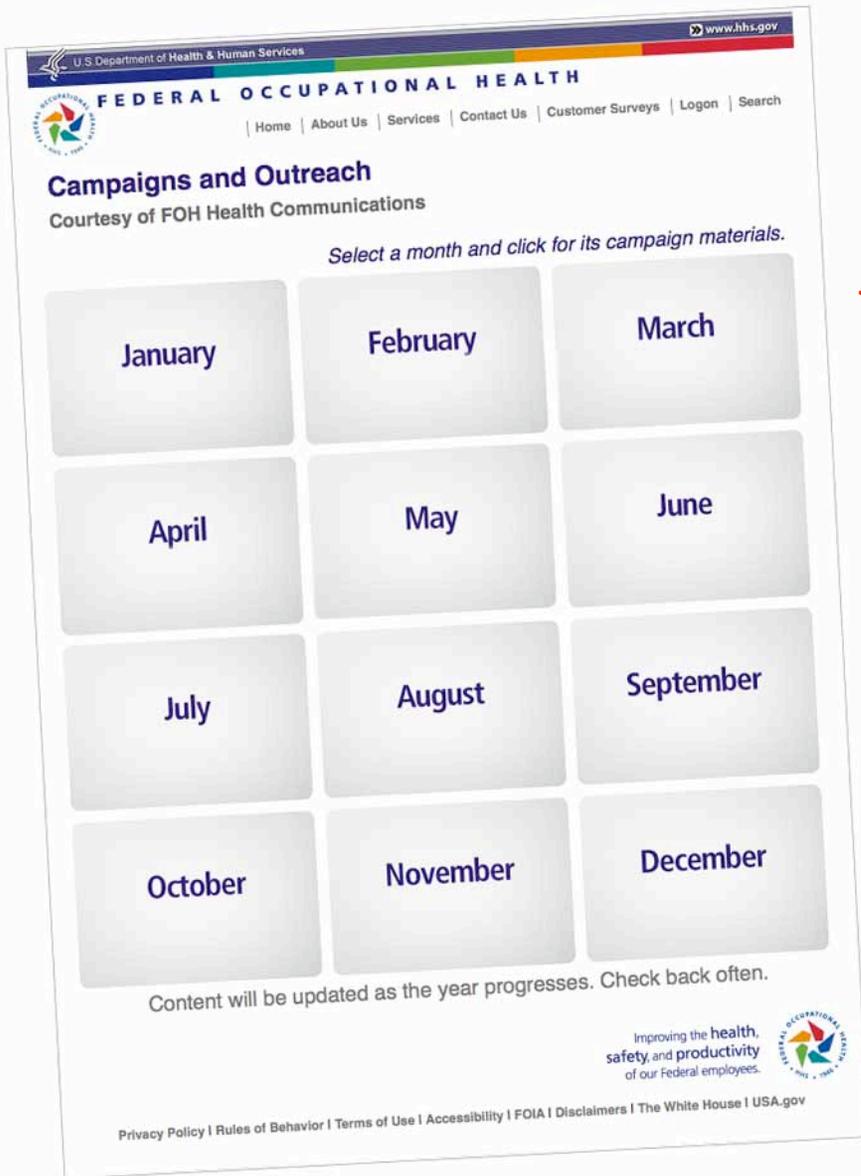
- Be Safe in the Sun
- Action Steps for Sun Safety
- Save Your Skin
- UV Index in Your Area
- Smoking Cessation Support and Resources
- Prostate Cancer
- Geographic Information System
- Men's Health Marketing Materials

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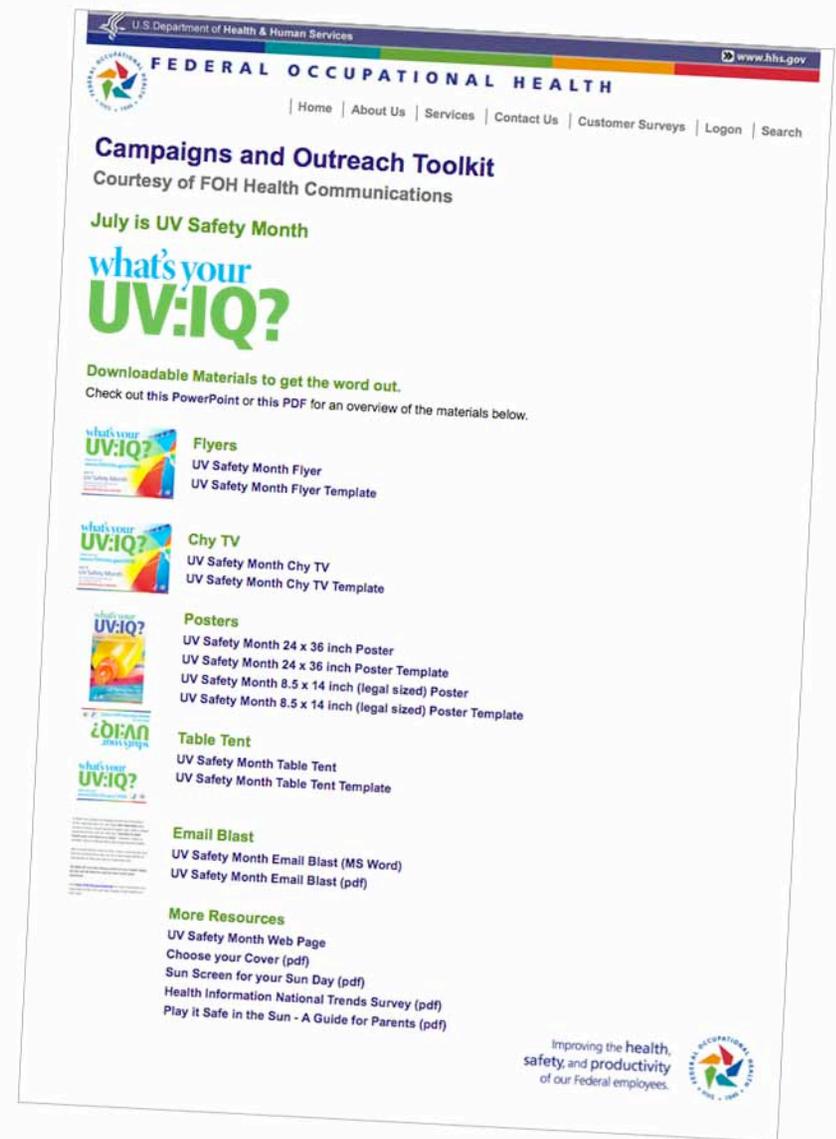
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<< Select a month and click for its campaign materials...

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User friendly toolkit webpage: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

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## Campaigns and Outreach Toolkit

Courtesy of FOH Health Communications

### July is UV Safety Month

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**Downloadable Materials to get the word out.**  
Check out this PowerPoint or this PDF for an overview of the materials below.

-  **Flyers**  
UV Safety Month Flyer  
UV Safety Month Flyer Template
-  **Chy TV**  
UV Safety Month Chy TV  
UV Safety Month Chy TV Template
-  **Posters**  
UV Safety Month 24 x 36 inch Poster  
UV Safety Month 24 x 36 inch Poster Template  
UV Safety Month 8.5 x 14 inch (legal sized) Poster  
UV Safety Month 8.5 x 14 inch (legal sized) Poster Template
-  **Table Tent**  
UV Safety Month Table Tent  
UV Safety Month Table Tent Template
-  **Email Blast**  
UV Safety Month Email Blast (MS Word)  
UV Safety Month Email Blast (pdf)
- More Resources**  
UV Safety Month Web Page  
Choose your Cover (pdf)  
Sun Screen for your Sun Day (pdf)  
Health Information National Trends Survey (pdf)  
Play It Safe in the Sun - A Guide for Parents (pdf)

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From the Toolkit webpage, click on any of the listed materials to download artwork.

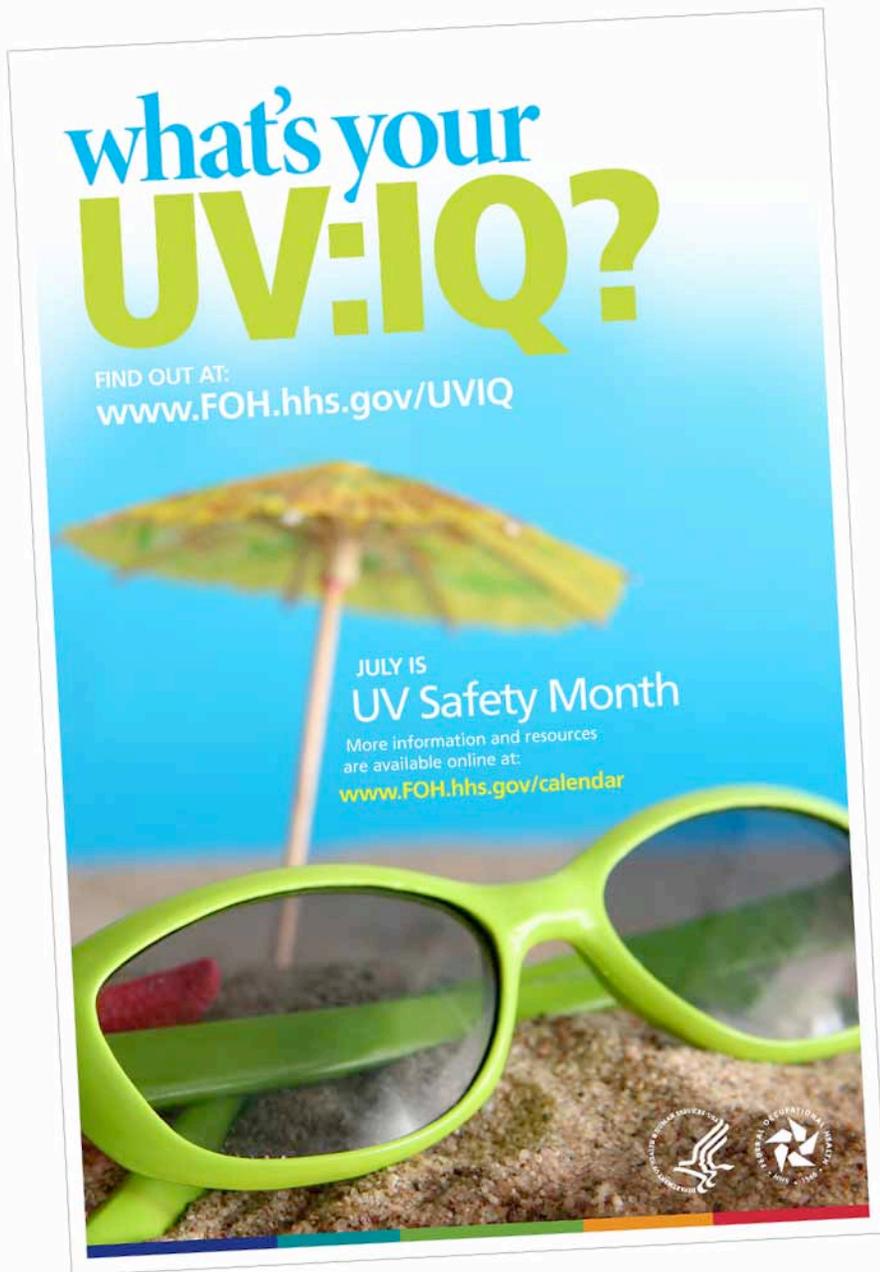
There are “as-is” versions as well as customizable template versions.

You can add your personal message to the template versions.

*(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)*

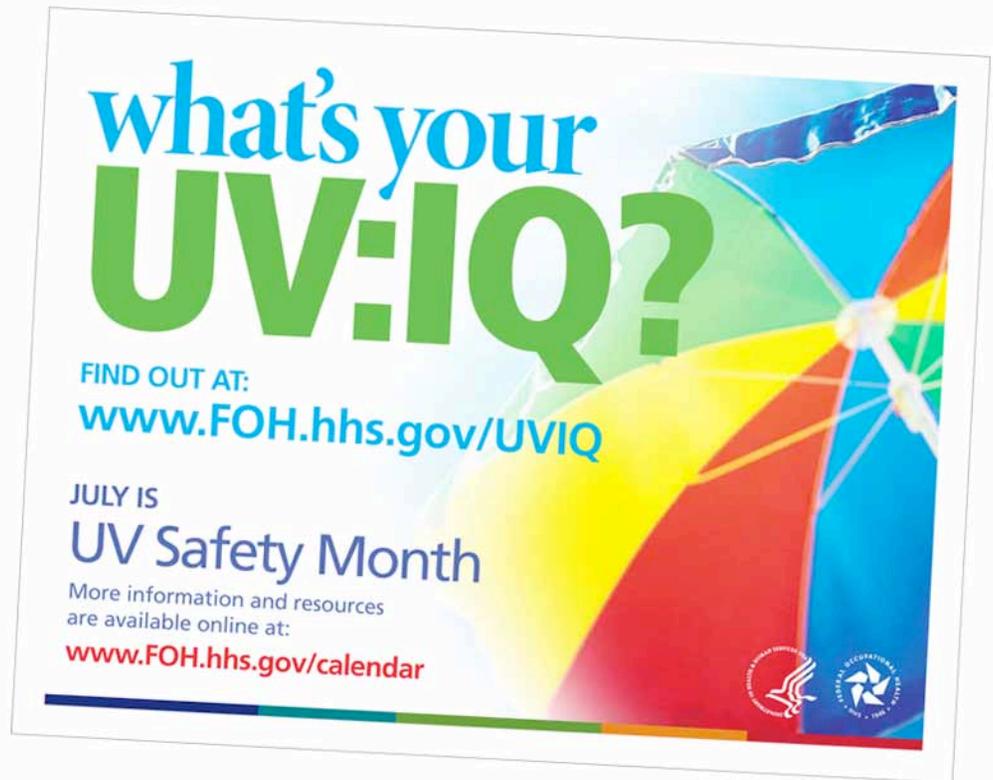
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24x36 posters  
(please reuse the posters you received last year; if you did not receive posters last year  
and would like a set, please email [heidi.hua@foh.hhs.gov](mailto:heidi.hua@foh.hhs.gov) )

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)



8.5x14 bulletin board poster (legal size paper), 11x8.5 flyer and chytv Slide, and 8.5x11 2-sided table tent, also available as form fillable pdf templates

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## End-User Email

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