



UMRHN

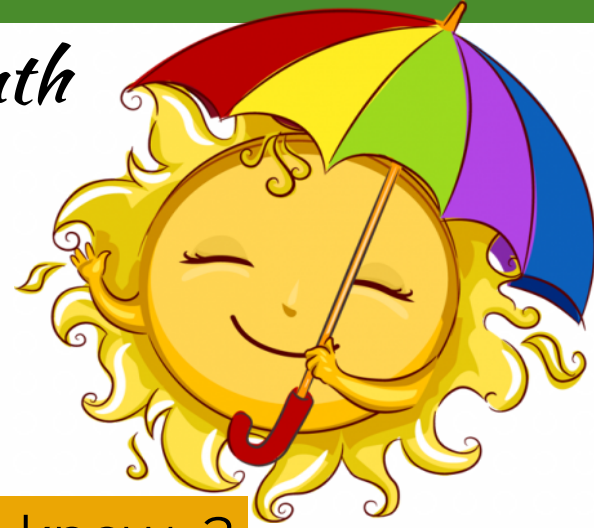
UPPER MIDLANDS RURAL HEALTH NETWORK

July 2018

UV Safety Month

What Does UV Mean?

UV is short for ultraviolet. It's a type of electromagnetic radiation coming from the sun... or tanning beds. Our atmosphere blocks most of the sun's rays, but the ones that do make it here contribute to skin cancer and blindness.



Did you know...?

Your eyes can get sunburned too. It's called ultraviolet keratitis. Repeated occurrences leave you at greater risk for developing cataracts.

What You Can Do

- Buy UV-blocking sunglasses.
- Wear your sunglasses outside or in the car, especially between the hours of 10am and 4pm.
- Check the UV index (epa.gov/sunsafety): a higher number means more exposure to UV rays.
- Use sunscreen on long road trips or outside - even if it's cloudy!
- Re-apply sunscreen every TWO hours.
- Wear a hat, or use an umbrella at outside parties or on the beach.
- Ask your doctor if any of your current prescriptions increase your sensitivity to UV rays.

Summer is a **great** time for fun in the sun, but don't forget: protect your eyes and skin!

Information Sources
preventblindness.org
cdc.gov



Eau Claire Cooperative Health Center

The Cooperative is a Federally Qualified Health Center with the mission to provide accessible, high quality compassionate health care in the spirit of The Good Samaritan. We offer primary care services including Pediatric, Adult and Family Practice, Obstetrics & Gynecology, Dental, Podiatry, Behavioral Medicine and Pharmacy. We welcome those who are insured, uninsured, or under-insured. There are 27 locations in Richland, Lexington, Fairfield, and Newberry counties.

UMRHN Community Members

Catawba Community Mental Health Center * Chester County Representative * Chester County School District * Chester Healthcare Foundation * Chester Regional Medical Center * Eau Claire Cooperative Health Center * Fairfield County School District * Fairfield Memorial Hospital * Good Samaritan Medical Clinic * J. Marion Sims Foundation * John A. Martin Primary Health Care * Mid-Carolina AHEC * Midlands Technical College * North Central Family Medical Center * SC Department of Health and Environmental Control * SC Office of Rural Health * Springs Memorial Hospital * York Technical College

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