



# UV SAFETY MONTH

## What is Ultraviolet (UV) radiation?

Is a form of electromagnetic energy radiated by the sun and artificial sources like tanning lamps. Its wavelength falls between about 100 to 400 nanometers, which is shorter than visible light but longer than X-rays.



### Types of UV Radiation:

- UVA: Penetrates deeply into the skin, causing long-term damage like wrinkles and skin cancer.
- UVB: Responsible for sunburn and skin cancer.
- UVC: Natural harmful effects of UVC are minimal because it is mostly absorbed by the atmosphere.



### Effects of UV Radiation:

- Skin Damage
- Skin Cancer
- Eye Damage
- Immune System Suppression



### How to Stay Safe:

- Cover up: Wear light-weight and light-colored shirts, and wide-brimmed hat.
- Stay Hydrated
- Apply Sunscreen SPF 15 or higher
- Seek Shade
- Wear Sunglasses



**Gila River Indian Community Tribal Health Department Community Health Education Program**  
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For more information, please visit

<https://www.cdc.gov/radiation-health/features/uv-radiation.html>

<https://www.epa.gov/radtown/ultraviolet-uv-radiation-and-sun-exposure>