



— JULY IS —

UV SAFETY

AWARENESS MONTH

Stay cool and hydrated!



KAMRYN'S CORNER

Hope everyone is keeping cool in this steamy weather! This month is UV Safety Awareness Month and I have included educational information on UV rays and ways to protect yourself. Please use the knowledge you gain to keep safe!



Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

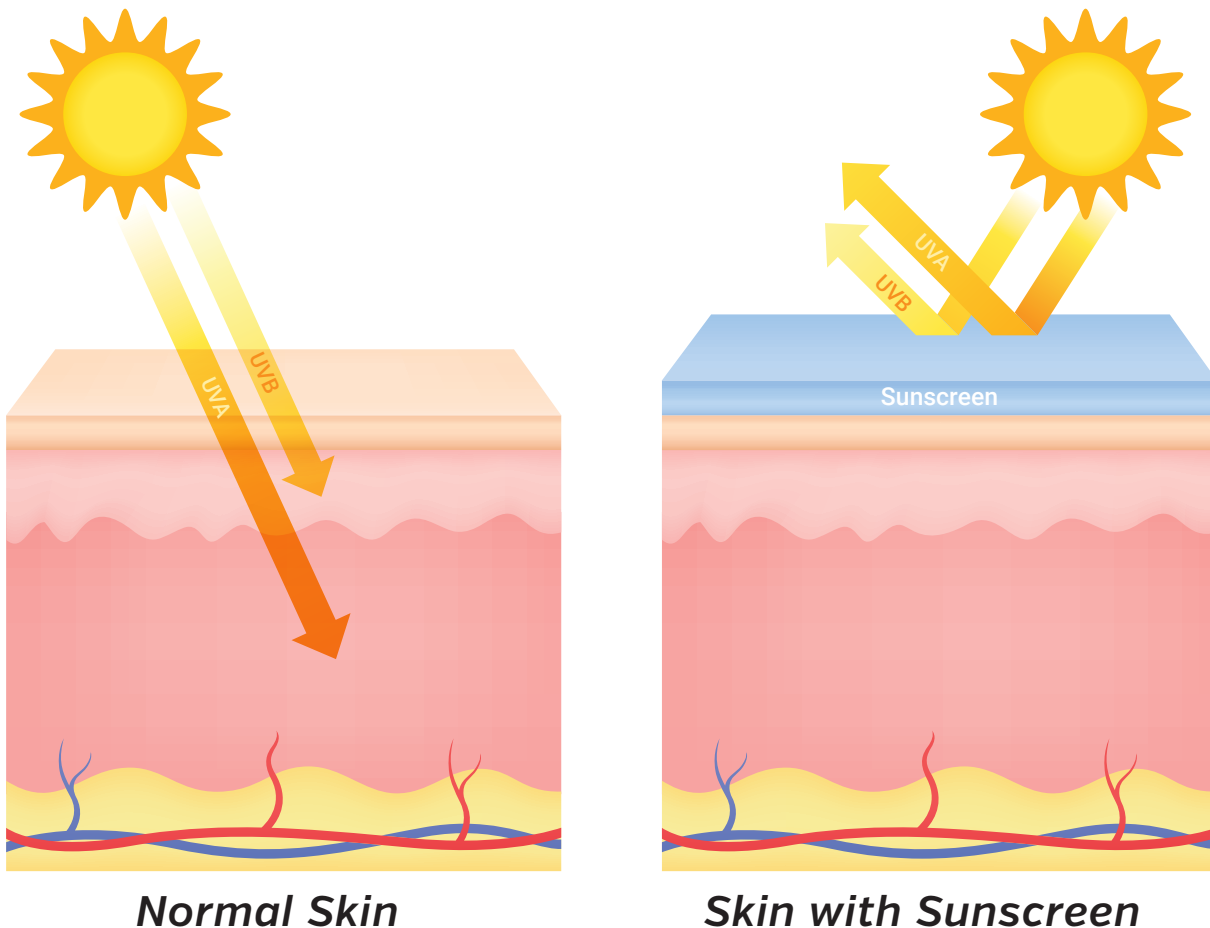
Yours Truly,
Kamryn

Ultraviolet Radiation

Ultraviolet (UV) Radiation is invisible to the naked eye. It is a type of electromagnetic radiation that is made up of high-energy waves that can cause DNA damage and sunburn.

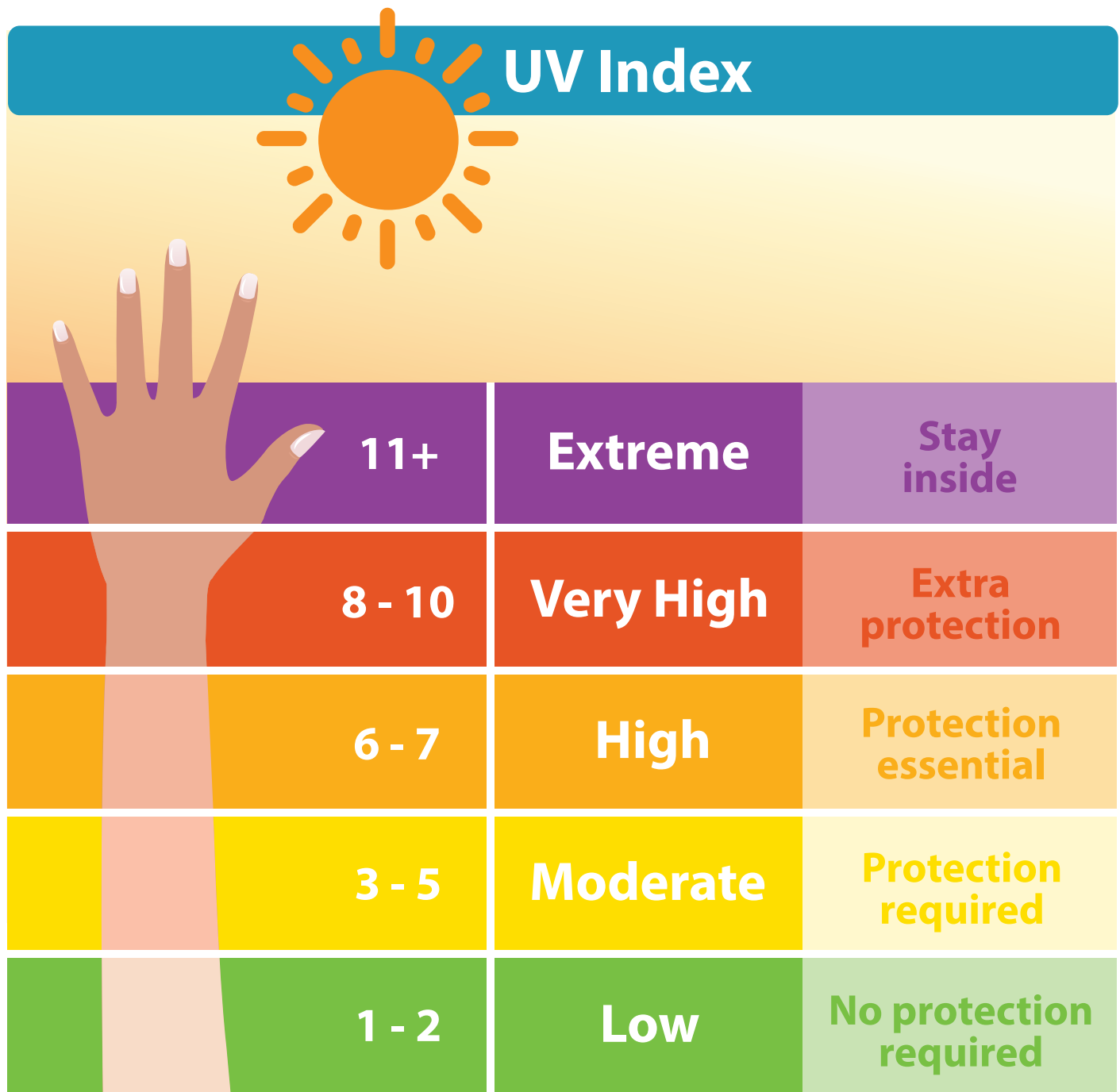
There are two categories of UV Radiation: Ultraviolet Aging (UVA) and Ultraviolet Burning (UVB).

UV PROTECTION



UV Index

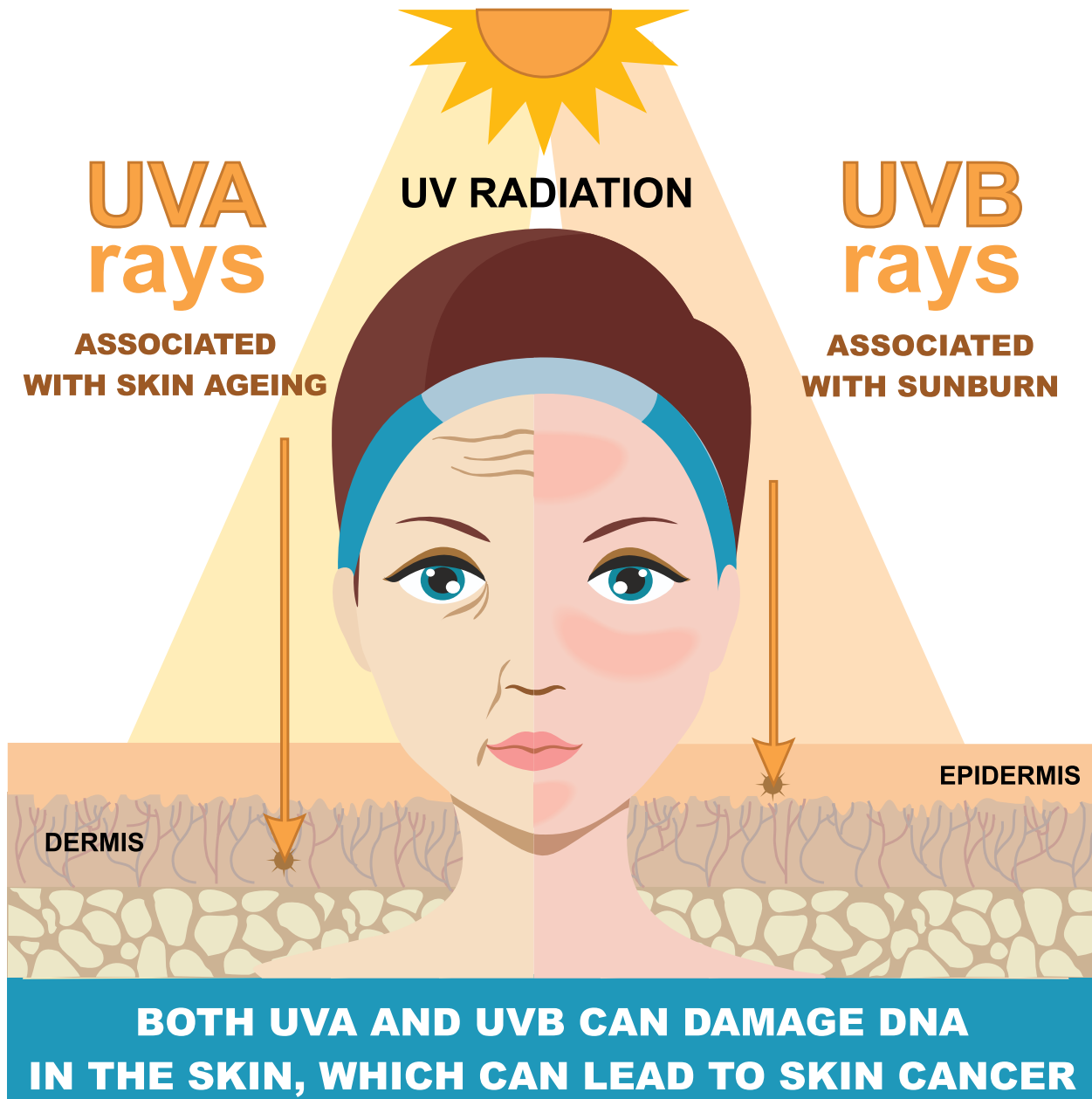
The UV Index tells you how strong the sun's UV rays are on a scale of 0-11. The higher the number, the greater the risk of skin damage.



<https://skinandcancerinstitute.com>

Ultraviolet Radiation

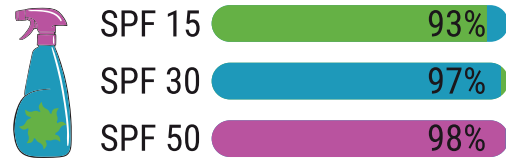
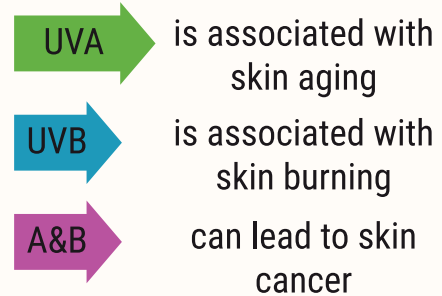
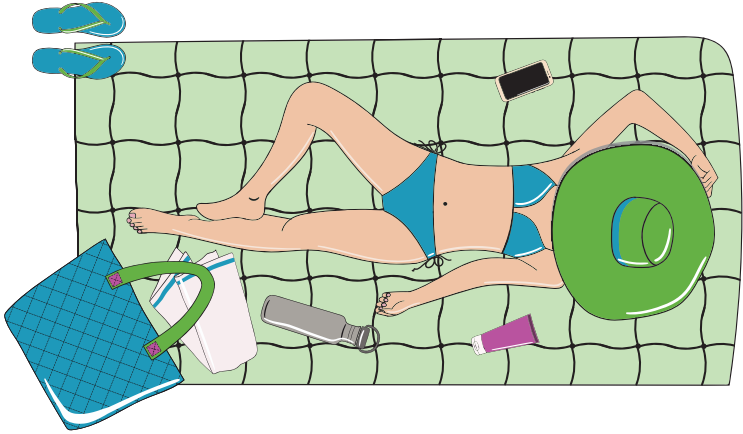
SUN DAMAGE TO SKIN



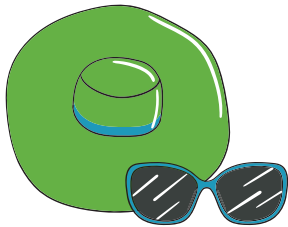
It is important to do regular skin checks on yourself and to see your dermatologist annually.

Safety Tips

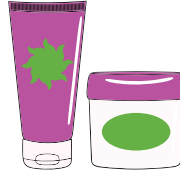
SUN SAFETY INFOGRAPHIC



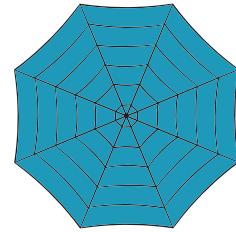
HOW TO PROTECT YOUR SKIN?



Wear hats,
sunglasses



Wear
sunscreen



Seek shade during
midday hours

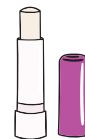
TIPS TO STAY SUN SAFE



Drink more
water



Reapply sunscreen
every 2 hours

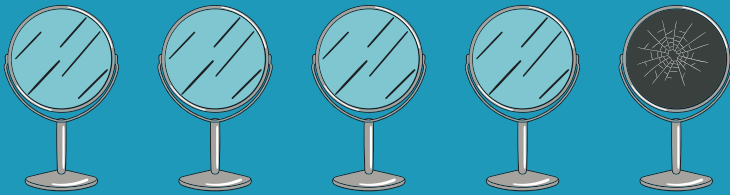


Use lip balm
with SPF

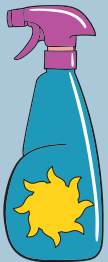
FACTS AND STATS

- 10% of cataracts may be caused by UV radiation.
- Snow reflects UV radiation and this potentially doubles the exposure.
- 1 person dies from skin cancer every hour.

PROTECTION AGAINST SKIN CANCER



1 in 5 Americans will develop skin cancer in their lifetime



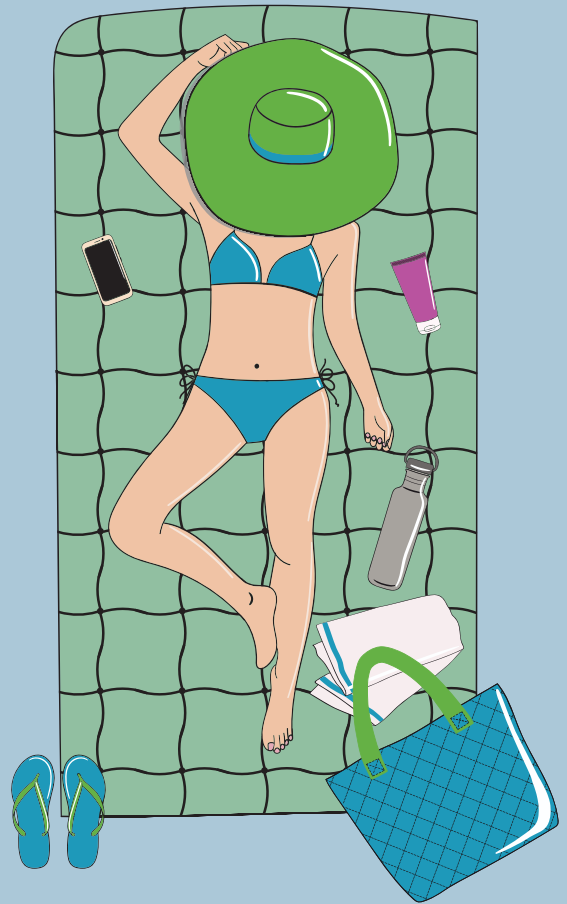
Only **1 in 3** adults usually use sunscreen

1 in 3 cancers is a skin cancer



50%

Regular daily use of SPF 15 or higher sunscreen reduces the risk of melanoma by **50%**



800% increase in melanoma rates among young women in the last 40 years

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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