

the Telehealth Times



UV SAFETY
AWARENESS
MONTH
— JULY —

July 2026
Stay cool and hydrated!



**PALMETTO
CARE
CONNECTIONS™**
technology. broadband. telehealth.

KC KAMRYN'S CORNER

Hey there! I hope you all are staying cool, hydrated, and well! This month is UV Safety Awareness Month, and I have included lots of good information to assist you in protecting yourself and your skin during these hot months. It is important to assess your skin regularly and to see a dermatologist promptly if needed. Additionally, telehealth can be utilized for initial evaluation of skin conditions, including changes of moles or skin spots, as well as sunburn assessment. Monthly self-skin checks along with telehealth consultations can promote early detection of potential skin cancers. Call me to get your appointment scheduled!



Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

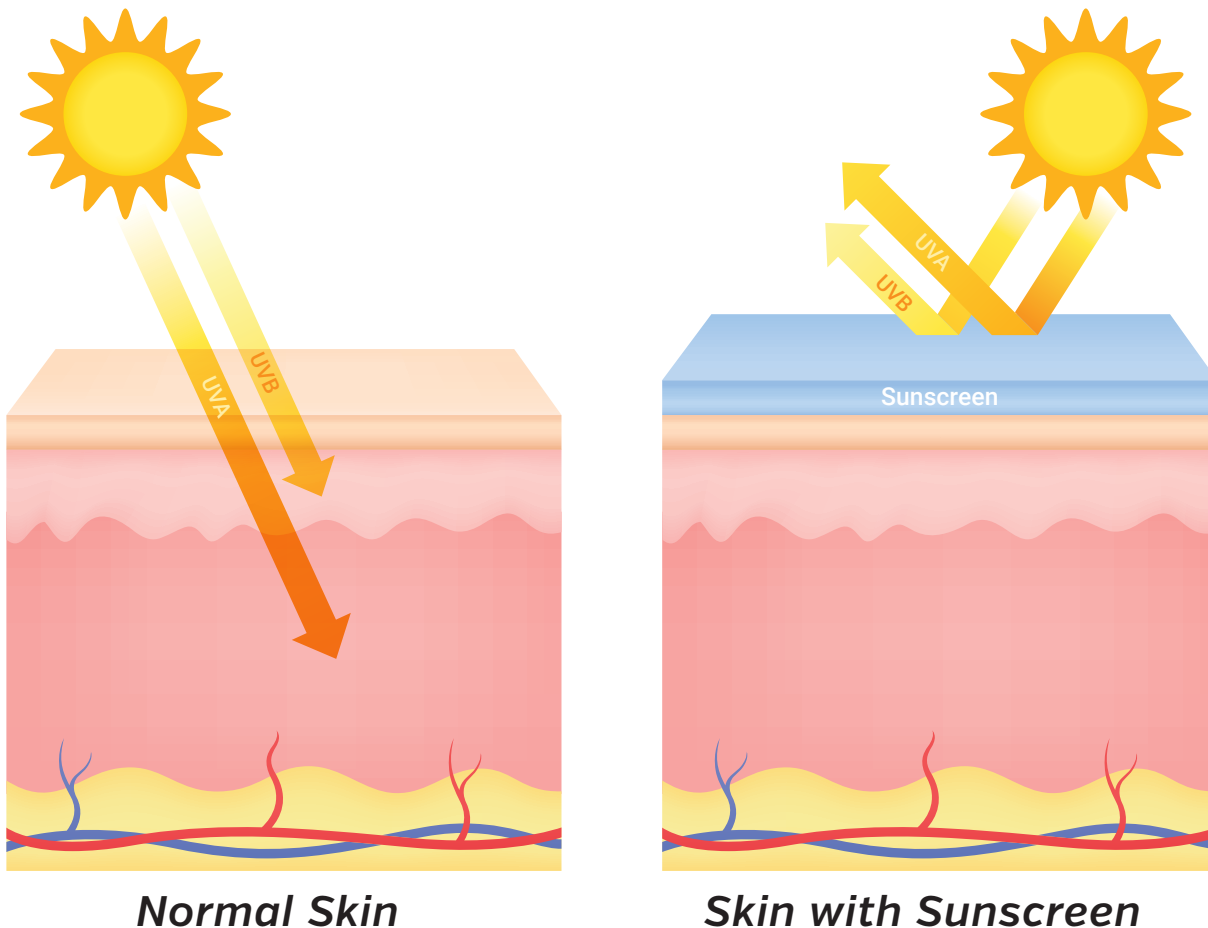
Yours Truly,
Kamryn

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.

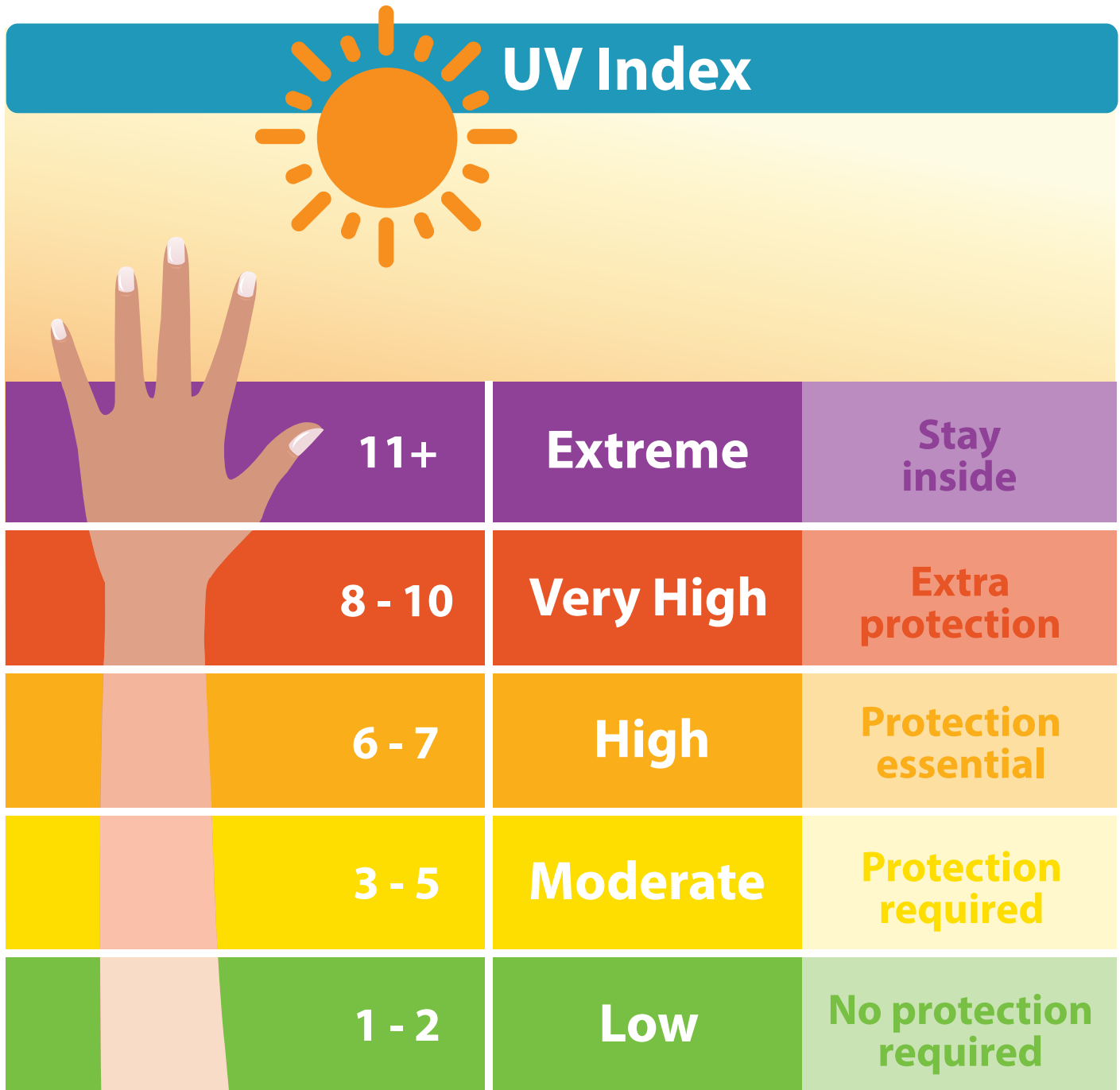
There are two categories of UV Radiation: Ultraviolet Aging (UVA) and Ultraviolet Burning (UVB).

UV PROTECTION



UV Index

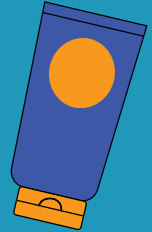
The UV Index tells you how strong the sun's UV rays are on a scale of 0-11. The higher the number, the greater the risk of skin damage.



The chart features a sun icon at the top left and a hand icon on the left side, with the hand's fingers pointing to the corresponding UV index ranges. The background is a gradient from blue at the top to yellow at the bottom.

UV Index		
11+	Extreme	Stay inside
8 - 10	Very High	Extra protection
6 - 7	High	Protection essential
3 - 5	Moderate	Protection required
1 - 2	Low	No protection required

UV Index

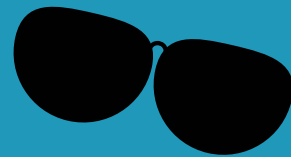


UV Index

Recommended Protection

0-2

Wear a hat and sunglasses .



3-5

Wear a hat and sunglasses .
Use SPF 15+ sunscreen product.

6-7

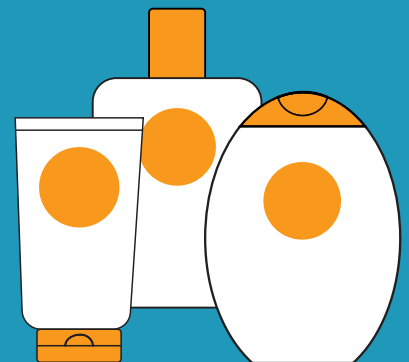
Wear a hat and sunglasses .
Use SPF 30+ sunscreen product.
Cover the body with clothing.
Avoid the sun if possible.

8-10

Wear a hat and sunglasses .
Use SPF 30+ sunscreen product.
Cover the body with clothing.
Avoid the sun if possible.

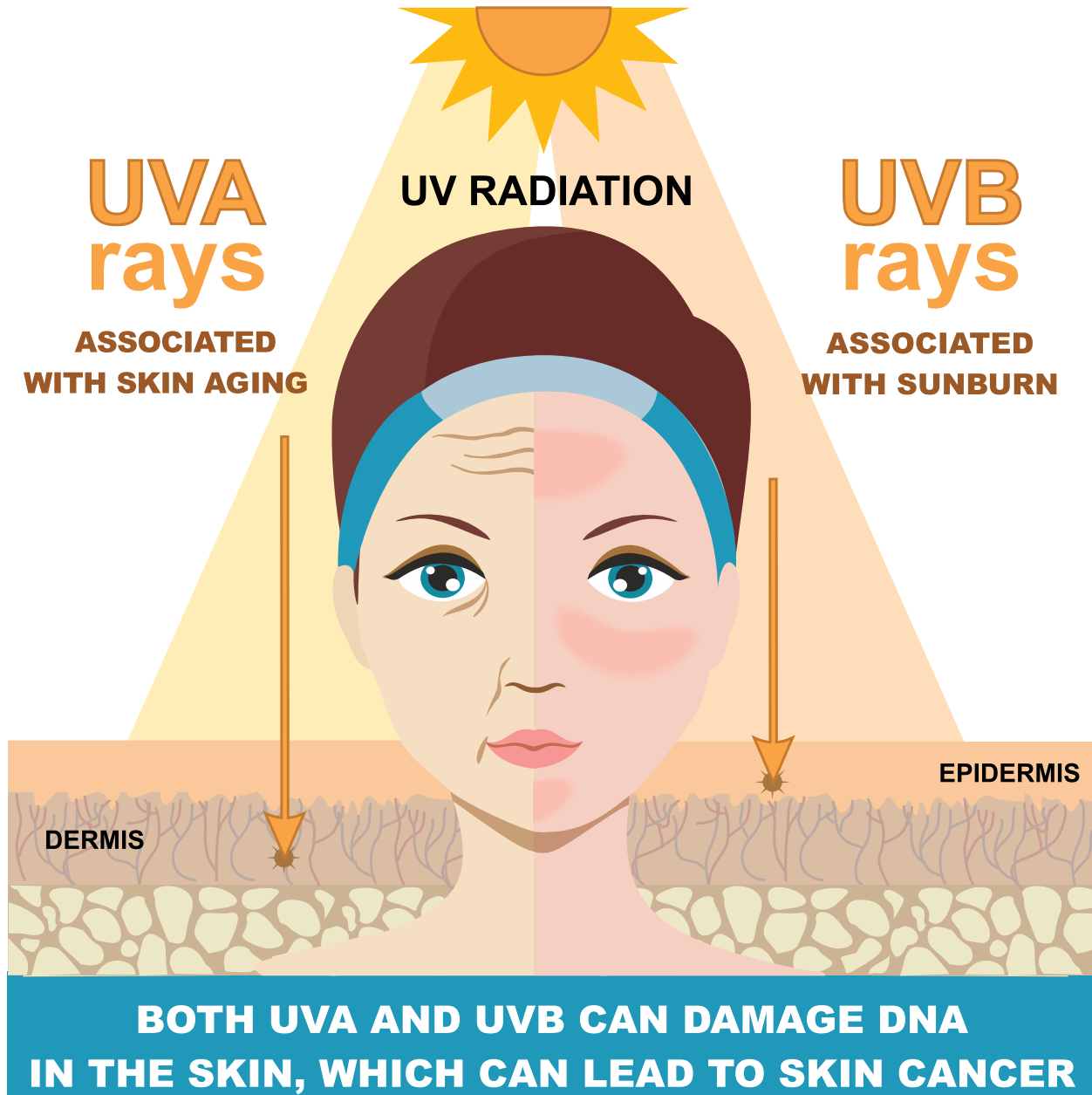
11+

Take all precautions possible.
Stay indoors if possible.



Ultraviolet Rays

SUN DAMAGE TO SKIN

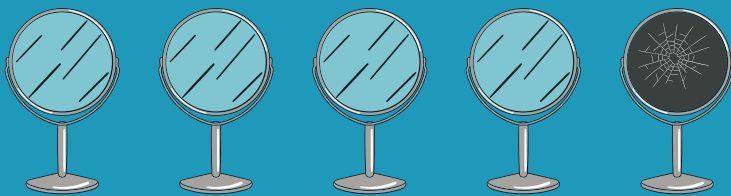


It is important to do regular skin checks on yourself and to see your dermatologist annually.

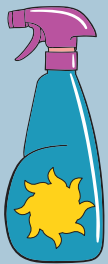
FACTS AND STATS

- UVA rays cause skin aging and UVB rays cause sunburns.
- Skin cancer is the most common cancer in America.

PROTECTION AGAINST SKIN CANCER



1 in 5 Americans will develop skin cancer in their lifetime



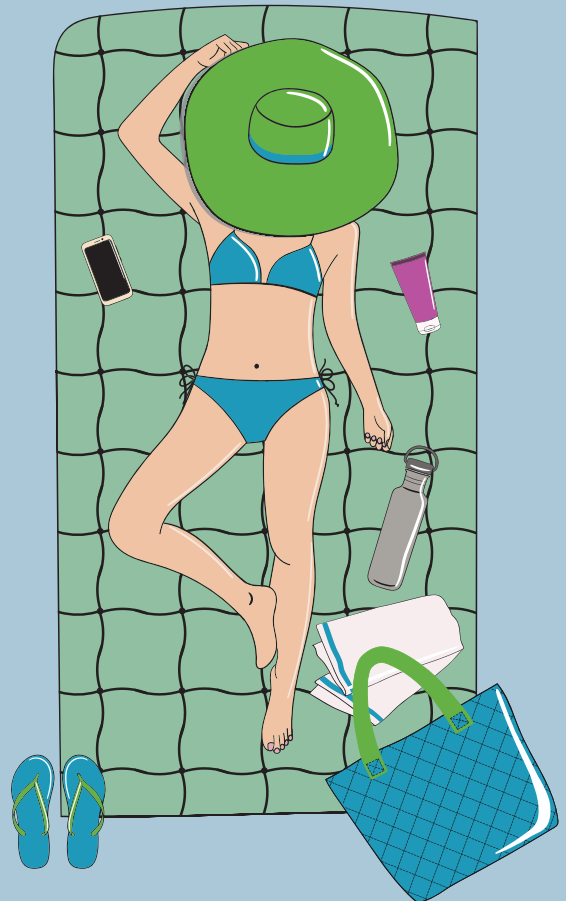
Only **1 in 3** adults usually use sunscreen

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

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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