

R. Joseph Ebel, R.S., M.S., M.B.A.
Health Commissioner



(740) 349-6535
(740) 349-6474 WIC
(740) 349-6475 Environmental
(740) 349-6476 Nursing
(740) 349-6510 FAX
www.lickingcohealth.org

Licking County Health Department

675 Price Road Newark, Ohio 43055-9546

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CONTACT: Licking County Health Department
Joe Ebel, Health Commissioner, 740-349-6535, jebel@lickingcohealth.org

UV SAFETY MONTH

Skin cancer. Wrinkles. Premature aging. Now you can add cataracts and macular degeneration - eye conditions that can lead to blindness - to the list of dangers the sun can inflict.

Recent studies have shown that prolonged exposure to the sun's ultraviolet rays without protection may cause serious eye conditions that can lead to vision loss and blindness.

Because July is UV Safety Month, the Licking County Health Department is taking this opportunity to urge residents to wear sunglasses and wide-brimmed hats whenever spending prolonged time in the sun.

Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays whenever you're outside. Don't be fooled by a cloudy day. The sun's rays can still burn through the haze and thin clouds.

Children should also wear hats and sunglasses and try to stay out of the sun between 10:00 a.m. and 2:00 p.m. This is when the sun's ultraviolet rays are the strongest.

Have fun in the sun, but remember to protect your eyes!

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