SKIN CANCER AWARENESS

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. When heading outdoors this summer REMEMBER:
- A lightweight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.
- Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.

How much do you know about skin cancer?
TAKING THE QUIZ

Is Your Worksite UV Protected? The UV Model Policy has been developed by the Chronic Disease Partners Model Policy Workgroup and provides downloadable evidence-based policies you can adapt to fit your specific organization. We encourage you to implement the policy in your worksite!

WORKWELL Partnership Summit
Fueling Our Passion in Wellness to Help Others Thrive

JOIN US VIRTUALLY
SIX WEEKS OF LEARNING
AUGUST 4—SEPTEMBER 8

MARK YOUR CALENDAR
Don’t miss these 60-90 minute ZOOM SESSIONS

HELD THE FOLLOWING TUESDAYS AT 10:30AM CT
- AUGUST 4
- AUGUST 11
- AUGUST 18
- AUGUST 25
- SEPTEMBER 1
- SEPTEMBER 8

REGISTRATION OPENS MID-JULY AT:
https://goodandhealthysd.org/workwellsummit/

TIMES OF UNCERTAINTY
1. Control how much social media you view and make sure it is a credible source.
2. Follow recommendations from CDC.
3. Control your attitude.
4. Find fun things to do.
5. Show grace and understanding to the people around you.