

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion



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?

TAKE 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



LIVING HEALTHY WORKS.
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

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.

