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20230703_Celebrate National Stay Out of the Sun Day

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HSLIC News - LibGuides at University of New Mexico

Celebrate National Stay Out of the Sun Day

by Gale Hannigan on July 3rd, 2023 in [Dermatology](#), [Family & Community Care](#), [New Mexico](#), [Population Health](#) | [0 Comments](#)

Who knew there was a holiday every July 3 that encourages you to attend a movie or spend the day at the gym? A holiday to save your skin! These past few days have been HOT, and summer has just begun. It may not be practical to spend a day indoors, but give yourself and your skin a break and seek shade either indoors, under an umbrella or floppy hat, or in front of HSLIC in the early morning – and don't forget those UV protection sunglasses.

The Solar UV index is the strength of the sun's ultraviolet radiation. Last week, the local UV index reached its most extreme level, which means to avoid the sun between 11 a.m. and 3 p.m. when skin damage can happen in minutes. Check out the hourly UV index at your location at the EPA website [UV Index](#).

We conducted a survey recently to get your feedback about how to make the front area of the HSLIC building more functional and inviting. The top three responses were: tables, improved aesthetics, and additional SHADE. We are listening and planning. Meanwhile, be smart in the sun.



**PROTECT
ALL THE SKIN YOU'RE IN**

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Use a Layered Approach for Sun Protection.

-  Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.
-  Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
-  Wear a hat, sunglasses, and protective clothing to shield skin.
-  Seek shade, especially during midday hours.

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