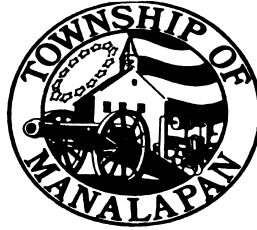


Township of Manalapan

BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



JULY IS SUN SAFETY MONTH

It's summer! It's time to go outside and enjoy the sun. At this time of year, it is especially important to protect yourself from the harmful effects of the sun, like sunburn, or worse, skin cancer. Make sure to always wear sunscreen and stay in the shade whenever possible.

Here are a few easy steps that will help you stay safe in the sun this summer:

- **SEEK SHADE WHENEVER POSSIBLE**, especially between 10am and 4pm, which is when the sun's rays are the strongest. If your shadow is shorter than you are, look for shade under an umbrella, tree, or other shelter.
- **WEAR PROTECTIVE CLOTHING**. This includes long-sleeved shirts and long pants. Clothes made out of tightly woven fabrics will protect you the best.
- **WEAR A HAT AND SUNGLASSES**. A hat with a wide brim will shade your face, ears, and the back of your neck. If you wear a baseball cap, remember to also protect your ears and the back of your neck. Sunglasses will protect your eyes from the sun's rays. Sunglasses that can block both UVA and UVB rays will offer the best protection.

- **APPLY SUNSCREEN.** Sunscreen will help you avoid sunburn and lower your risk of skin cancer. Even if it is cloudy or cool you should still apply sunscreen. Apply sunscreen to all bare skin. Use sunscreen with at least SPF 15. The higher the SPF, the more protection you will get. Reapply every two hours or immediately after swimming or excessively sweating.
- **STAY HYDRATED.** Drink fluids throughout the day to prevent your body from getting dried out.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576