

Hello Summer, and UV Protection!

BRING ON THE HEAT.



Protect Yourself, And Your Pets, from UV Rays All Year Round!

As summer kicks in and the days start to heat up, it is important to remember the significance of ultraviolet (UV) light protection. UV rays are a form of radiation that is emitted from the sun and other artificial sources such as tanning beds and sun lamps.

Did you know there are two types of UV rays? Ultraviolet A (UVA) rays are associated with skin aging and ultraviolet B (UVB) rays are associated with skin burning. Too much exposure to any UV rays can be very damaging to both your skin and eyes, and can lead to premature wrinkling, increased risk of cataract, and even skin cancer.

Luckily, all these negative effects of overexposure to UV rays can easily be prevented, which is why we are taking the time to highlight the importance of UV protection and what steps can be taken to help protect yourself.

Although summer is when UV rays are at their most intense, it is important to remember that UV protection should be practiced year-round, as they can even reach you during cool and cloudy days and can reflect off different surfaces such as water.

The Environmental Protection Agency (EPA) lists different actions you can take to prevent further exposure to UV rays:

- Do NOT Burn - Sun burns significantly increase the risk of skin cancer throughout your life.
- Avoid Sun Tanning (including tanning beds) – Sun tanning causes fibers in healthy skin to break down, leaving behind wrinkles and loosened folds. It also increases risk of skin cancer.
- Generously apply sunscreen – Use a broad-spectrum sunscreen that protects against UVA and UVB with a SPF of at least 15. Apply to all exposed skin 15 minutes before going outside. Sunscreen does wear off, so make sure to reapply if outside for more than two hours, and after swimming or toweling off.
- Wear protective clothing – Wear long sleeve shirts and pants if possible. If that type of clothing is not practical, darker colors and tightly woven fabric help protect from UV rays. Hats are also a great idea, as they help protect your face and neck from extra exposure to sunlight. Wear sunglasses whenever going out to protect from any eye damage. Most sunglasses sold in the U.S. block both UVA and UVB rays.
- Seek shade – Seek shade whenever outside. Sunlight is strongest between 10 AM and 4 PM.
- Use extra caution near water, snow and sand – UV rays reflect off many types of surfaces. You may even get sunburnt off UV rays being reflected.
- Check the UV Index – The UV Index is a tool that predicts the ultraviolet radiation levels in your area. Use this UV Index Search to provide a daily forecast of the expected intensity of UV radiation from the sun.
- Get Vitamin D safely – Get Vitamin D safely through foods and vitamin supplements. Do not use the sun as your main source of vitamin D.

Dogs Need Protection, Too!

While taking precaution to prevent yourself from the harmful dangers of UV rays, don't forget about your furry family members as well. Like humans, there are precautions that humans can take to care for their dogs.

Just like people, dogs can wear sunscreen, too! Make sure to look for sunscreen especially made for pets as they tend to lick their fur and you wouldn't want to apply something poisonous if ingested. In addition to the proper sunscreen, owners can protect their furry friends with the appropriate clothing. Consider sun shirts or suits and hats or goggles to protect their body and eyes. And, just like humans, try to avoid the hottest parts of the day for any outdoor activity.

The Healthy Fontana team is here to support you and help provide you with resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the **Healthy Fontana website** or call 909-350-6542.

Sources:

CDC, https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

EPA, <https://www.epa.gov/sunsafety/action-steps-sun-safety>

American Kennel Club, <https://www.akc.org/expert-advice/health/do-dogs-need-sunscreen/>

Peach Yogurt Fizz

Ingredients

- 1 cup **sliced peaches**
- 1 cup **vanilla yogurt**
- 1/2 cup **nonfat dry milk powder**
- 1 teaspoon **sugar**
- 1/4 cup **club soda**

Directions

Mix together peaches, yogurt, milk powder, and sugar in a blender until smooth, or desired consistency. Pour into glasses and add club soda on top.

Serves: 3

** Extra Tip: Freeze leftovers in pop molds for a cool frozen treat!

[More recipes like this](#)



Try this for a refreshing snack or breakfast this summer.

Peaches are a tasty and good for you summer fruit! Eating fruit, like peaches, each day increases your body's ability to fight off harmful diseases as fruits and vegetables are packed with natural antioxidants.

Peaches are not only low in calories but also does not contain any saturated fats. They are, however, packed with a good amount of vitamin C, vitamin A, and potassium.

Upcoming Events**

*** Times/Locations Subject to Change ***

Visit Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Sundays, July 3rd, 10th, 17th, 24th, & 31st: Fontana Farmers' Market**, 12pm-5pm, Fontana Park Aquatic Center Parking Lot
- **Thursdays, July 7th, 14th, 21st, & 28th: Fontana Farmers' Market**, 2pm-7pm, Southridge Park/Don Day Parking Lot
- **Saturday, July 9th: Fontana Walks!** 7am at Fontana Park
- **Family Fun Nights | 5pm-9pm**
 - Saturday, July 9th: Seville Park
 - Saturday, July 23rd, Sycamore Hills Park
- **Saturday, July 30th: Fontana Arts Festival** at Fontana Park, 5pm-10pm



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Connect with Healthy Fontana

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