

SUN MON TUE WED THU FRI SAT

**1 Family Time:**  
Discuss fireworks safety . Suggest rules such as: a parent must be present when setting off fireworks or when using fire. Also discuss burn safety.

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**3 UVA (ultraviolet-A):**  
Long-wave solar rays  
  
**UVB ( ultraviolet-B):**  
Short-wave solar rays

**4 Independence Day**



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**7 Fact:**  
UVBs don't pass through glass, but are reflected by light colored surfaces such as sand, snow and cement!

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## Eye Injury Prevention Month

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**13**  
Go swimming or play in the sprinkler! It is a great way to exercise and stay cool in the summer heat!

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**15 Fact:**  
UV rays can also damage your eyes and hurt your vision. Wearing a wide-brimmed hat or cap and UV absorbing eyewear will block about 50% of the UV rays.

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**19 Family Time:**  
Discuss how to correctly apply suntan lotion and what SPF to use when playing outside or swimming. Also remember to wear sunglasses!

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**22**  
Make some fruit popsicles or smoothies and enjoy with friends and family!

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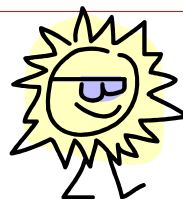
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**30 Family Time:**  
Invite friends and family over for a "cool" party. Think of fun games you can play to help you stay cool this summer. Come up with some fun frozen snacks to serve.

**31 Fact:**  
UVB rays are most prominent during the heat of the day (11-3). UVA rays account for 95% of all ultraviolet energy and can damage our DNA.



## Ultraviolet Sun Rays Safety Month

**Family Fun**

Families can have fun in the sun, but we can't see the sun's ultraviolet (UV) rays. They have a major impact on our bodies. UV rays have wavelengths shorter than those of visible light we see and of the infrared rays that keep us warm. Make sure you protect your self this summer! Wear protective clothing, proper SPF sunscreen, and sunglasses.

### Strawberry Delight Smoothie:

#### Strawberry Delight Smoothie

1 cup of milk

1 cup vanilla yogurt

4 large strawberries (or 1 cup frozen strawberries)

1 small banana cut up

Blend for one minute

Serves one.

### How to pick a sunscreen:

- Make sure it is a broad spectrum formula that filters both UVA and UVB long and short waves.
- It must be photostable, meaning it won't break down and lose power in sunlight.
- Make sure it's 15 SPF or higher.
- Make sure it's sweatproof and water resistant
- Reapply every 2 hours