



July is National UV Safety Month

Ways to Prevent UV Damage

- **Limit your time** in the sun during 10 a.m. to 4 p.m. when the UV rays are the most intense. Use the Ultraviolet Index to find the expected intensity of the UV radiation from the sun. Visit <https://www.epa.gov/enviro/uv-index-mobile-app> to download the app on your mobile device. Sunburns can happen in as little as 10-15 minutes in the sun, especially for a fair-skinned person.
- **Protect your eyes** by wearing sunglasses with 99 or higher UV block. The best sunglasses should block the glare and have a wrap around shape.
- **Wear sunscreen** that has a SPF value of 30 or higher. Be sure to apply 20-30 minutes before going outside and reapply every two hours (especially after swimming or extreme sweating). Sunscreen is best recommended on children 6 months or older.
- **Wear protective clothing.** Long sleeve shirts, pants, and a brimmed hat are the best. Many companies make clothing that have a UV protection factor. Here are a few we found:
 - Coolibar Clothing- <http://www.coolibar.com/home.jsp>
 - Peter Millar- <https://www.petermillar.com/>
 - Solumbra by Sun Precautions- <http://www.sunprecautions.com/>
 - UV Skinz- <https://www.uvskinz.com/>
- **Know your medications.** Photosensitivity is an extreme sensitivity to ultraviolet rays from the sun. Some medications (especially antibiotics) can raise a person's sensitivity to sunlight. Check with your doctor about possible side effects like this.

UV exposure also gets a boost from reflections from water, snow, and sand. Remember sun damage can occur even when it is cloudy and cold!

Outdoor Places In and Around Rochester That Provide Plenty of Shade

- Bristol Mountain Aerial Adventures – Provides obstacle courses ranging in all levels. Visit <http://bristolmountainadventures.com/>
- Monroe County Parks- Visit the website for a list of locations: <https://www2.monroecounty.gov/parks>
- Rochester Pedal Tours- Take a covered pedal powered trolley around Rochester. For more information visit <http://www.rochesterpedaltours.com>
- Seneca Park Zoo- 2222 Saint Paul Street, Rochester 14621

Layered Taco Salad Dip

1 cup cashew mayonnaise
2 tsp. Mrs. Dash Mexican seasoning
1 (15oz.) can refried beans
1 cup of salsa
1 (4 oz.) can of drained black olives
2 cups shredded lettuce
1 chopped large tomato
1 cup corn (fresh is best)
2 diced avocados
½ cup chopped green onions
Baked tortilla chips or pita slices

Mix the mayo and Mexican seasoning in a bowl, cover and chill for 3 minutes.

In another bowl, mix the refried beans and salsa until blended.

Spread the beans and salsa in the bottom of an 8 x 8 glass baking dish. Spread the mayo mixture over the beans. Layer the olives, lettuce, tomatoes, corn, avocados, and green onions in that order. Serve with the baked tortilla chips or whole grain pita slices.

“Happiness is not something for the future; it is something you design for the present.”

~Jim Rohn