

NEWS RELEASE

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For Immediate Release
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July is UV Safety Awareness Month

Southwest Nebraska Public Health Department (SWNPHD) is recognizing UV Safety Awareness Month by encouraging everyone to take simple steps to reduce exposure to harmful ultraviolet (UV) radiation and lower your risk of skin cancer, eye damage, and premature skin aging. Over the last 15 years there has been an average of 13 people diagnosed with melanoma each year in the health district.

Ultraviolet rays from the sun can damage the skin in as little as 15 minutes, even on cloudy days. Spending time outdoors is important for physical and mental well-being and taking precautions can help keep people safe from UV rays while they enjoy the outdoors.

“UV Safety Awareness Month is a reminder that protecting yourself from the sun should be part of your daily routine,” says Sarah Minnick, Program Manager at SWNPHD. “Small actions like applying sunscreen, wearing protective clothing, and seeking shade can make a significant difference in protecting your long-term health.”

SWNPHD recommends:

- Apply a broad-spectrum sunscreen with SPF 30 or higher and reapply every two hours, or after swimming or sweating.
- Wear protective clothing, including a wide-brimmed hat and UV- blocking sunglasses.
- Seek shade, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- Avoid indoor tanning devices.
- Check the daily UV Index before spending extended time outdoors.

Everyone is at risk from UV exposure, regardless of age or skin tone. Children, outdoor workers, athletes, and people who spend a lot of time outside should be especially mindful of sun protection.

Throughout UV Safety Awareness Month, SWNPHD encourages community members to adopt sun-safe habits and share UV safety information with family and friends.

For more information on UV safety visit [cdc.gov/radiation-health/features/uv-radiation](https://www.cdc.gov/radiation-health/features/uv-radiation). Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, You Tube, and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health.

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