



Park County Public Health

July Newsletter



ULTRAVIOLET RADIATION

UV radiation comes from natural and manmade sources, and is part of our daily lives. It is emitted by the sun as well as artificial sources such as tanning beds, mercury vapor lighting, some halogen lights, and some types of lasers. Radiation is classified into three primary types: ultraviolet A, ultraviolet B, and ultraviolet C based on their wavelengths.

Almost all of the UV radiation that reaches earth is UVA though some UVB radiation can reach the earth as well. UVA and UVB radiation can both affect health but UVA penetrates deeper into the skin and is more constant throughout the year.

Risks: Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.

- UV exposure increases the risk of potentially blinding eye diseases if eye protection is not used.
- Overexposure to UV radiation can lead to serious health issues, including cancer.

Benefits: Limited UV exposure helps with the production of vitamin D, which is essential to human health.

- Vitamin D helps the body absorb calcium and phosphorus from food and assists bone development. The World Health Organization (WHO) recommends 5 to 15 minutes of sun exposure 2 to 3 times a week.

Please visit CDC's [Radiation and Your Health](#) website for more information.

COVID-19 UPDATE:

Everyone 6 years and older can get an updated Pfizer or Moderna COVID-19 shot. It does not matter what vaccine brand you previously received. To learn more, go to bit.ly/3u3wsHF

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