June 2015 Cut-outs

UCI Worklife & Wellness

[Images of water glasses being filled, beach ball, sunscreen bottles, and a happy sun]
**UV Rays and Their Effect on Skin**

- **UVC Rays**: Shortest waves, usually do not penetrate the Earth's ozone layer.
- **UVB Rays**: Longer waves that reach skin's surface - can cause surface tanning, burning, and signs of aging.
- **UVA Rays**: Even longer waves that can penetrate deep into the skin's surface, releasing free radicals and causing DNA changes that can result in skin cancers.

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**The wavelength of UV (ultraviolet) rays is measured in nanometers (or billionths of a meter), abbreviated as "nm."**

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**It's Hot Outside!**

*Stay cool.*
*Stay hydrated.*
*Stay informed.*

*Maybe next time you'll try a little sunscreen...*