

Behavioral Health Home

UV Safety Month

According to the U.S. Dept. of Health & Human Services:

“The need to protect the skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer.”

Find out how BHH Services can help bring awareness:

Comprehensive Care management	Review assessment to update medical needs. Ask client if he protects himself from UV exposure and if he notices any new blemishes on the skin. Identify information, education, and services about UV protection or skin cancer that the client will need.
Care Coordination	Assist client with scheduling appointments with PCP, dermatologist, and/or other skin specialists.
Health Promotion	Provide educational facts sheets/videos on UV protection. Discuss UV protection during wellness groups.
Comprehensive transitional care	If a client goes to the ER because of over-exposure to UV rays or new blemishes on the skin, meet with client and discuss protocol to prevent readmission and decrease chances of experiencing sunburn again.
Patient and family support	Educate client and family members of the signs of sunburn and/or skin cancer, ways to treat it, and ways to prevent it.
Referral to community support services	If there are community skin cancer support groups, provide clients with information to seek peer support. Research to identify support groups available online.

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Stay out of the Sun Day	4 Independence Day	5	6	7	8
9	10	11 World Population Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30 International Day of Friendship	31					

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Community Resources

- **Connecticut Dermatology**
- **CancerCare CT**
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Online Resources

- **Test Your UV IQ**
- **Sun Safety IQ**
- **Sun Safety List**
- **Don't Fry Day**
- **Online Skin Cancer Support Group**

Toolkits & Handouts

- **How to Recognize Skin Cancer**
- **How to do a Skin Self-Exam**
- **What is Ultraviolet (UV) Radiation?**
- **How Do I Protect Myself from UV Rays?**
- **If You Find Something Suspicious on Your Skin**

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