

**"Don't Fry Day" Friday, May 27, 2016:  
Excessive Heat and Sun Safety Guidance for 2016 Season**

**Heat Safety Resources:**

NWS provides heat-related Watch, Warning, and Advisory products to warn the public about excessive heat events on its homepage:

[www.weather.gov](http://www.weather.gov)

The NWS Heat Safety web page provides information to enhance community resilience in the face of current and projected increases in extreme heat events.

[www.weather.gov/heatsafety](http://www.weather.gov/heatsafety)

NWS National Seasonal Safety Campaign Outreach Toolkits (Summer Campaign toolkit available June 1) are available at:

[www.weather.gov/safetycampaign](http://www.weather.gov/safetycampaign)

Communities can learn more about the "heat island" effect, as well as access the EPA's Excessive Heat Events Guidebook, developed in collaboration with the NWS, CDC and the Department of Homeland Security. The guide offers heat mitigation plans.

[www.epa.gov/heat-islands/](http://www.epa.gov/heat-islands/)

OSHA conducts an annual nationwide campaign to educate workers and employers about hazards of working in the heat and how to prevent heat-related illnesses, starting with the Campaign's life-saving, simple "Water.Rest.Shade." message.

OSHA's heat-related publications, including fact sheets, training guides, community posters, quick cards and social media toolkit are available in English and Spanish. OSHA's popular "Heat Safety Tool" smartphone application is available in English and Spanish for Android and iOS devices. The app calculates the heat index using NWS information based on current location and provides a risk level and precautions to take for working outdoors. For the latest information on the 2016 campaign, go to:

[www.osha.gov/heat](http://www.osha.gov/heat)

NWS is working with OSHA to protect outdoor workers and educate employers during excessive heat and other weather-related events and emergencies. NWS includes specific outdoor worker safety precautions in its Heat Advisories and Excessive Heat Warnings.

CDC collaborates with public health authorities to communicate the risks of extreme heat and to provide guidelines to assist state and local health departments in their development of city-

specific comprehensive heat emergency response plans. By knowing who is at risk and what prevention measures to take, heat-related illness can be prevented. CDC provides easily accessible resources for members of the public, local health departments and other organizations, assisting ongoing outreach efforts to those most vulnerable to extreme heat events.

[www.cdc.gov/extremeheat/](http://www.cdc.gov/extremeheat/)

#### **UV Safety Resources:**

CDC leads the effort to reduce illness and death caused by skin cancer through education, surveillance and research efforts. Skin cancer is the most common form of cancer in the United States. The majority of skin cancers cases can be traced to UV radiation. You can reduce skin cancer risk by staying in the shade, wearing protective clothing, using sunscreen with broad spectrum (UVA and UVB rays) protection and Sun Protection Factor (SPF) 15 or higher, and by avoiding tanning beds. Information on skin cancer statistics, prevention, and CDC's skin cancer initiatives is available at:

[www.cdc.gov/cancer/skin/](http://www.cdc.gov/cancer/skin/)

NWS provides an experimental national forecast map showing elevated and alert UV levels for mid-day:

[www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_alert.shtml](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_alert.shtml)

EPA's website offers hourly UV Index updates and sun safety tips:

[www.epa.gov/sunsafety](http://www.epa.gov/sunsafety)

At the EPA's website, you can access your local UV Index by ZIP code and sign up to receive automated UV Alerts via email. You can also download an UV Index smart phone app that showcases winning posters from past "Sunwise with Shade" poster contests.

[www.epa.gov/enviro/uv-index-mobile-app](http://www.epa.gov/enviro/uv-index-mobile-app)

NCSCP represents the nation's premier skin cancer organizations, researchers, clinicians, and advocates for the prevention of melanoma and skin cancer. These 45 national organizations include the American Academy of Dermatology, the American Cancer Society, the Melanoma Research Foundation, and the Skin Cancer Foundation as well as federal agency partners and many other foundations and associations devoted to skin cancer prevention. Specific tips on preventing skin cancer as well as more than 35 "Don't Fry Day" resources, including media guides, posters, graphics, and an Action Kit for Meteorologists are available at

the National Council's website and the "Don't Fry Day" resources page:

[www.skincancerprevention.org](http://www.skincancerprevention.org)

[www.skincancerprevention.org/programs/dont-fry-day/resources](http://www.skincancerprevention.org/programs/dont-fry-day/resources)