**July 2022 Toolkit – Sun Safety and Cancer Awareness**

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| Week | Action/Activity | Resources |
| Week of June 20th | ● Start planning for July  ● Consider creating sun safety gift bags (sunscreen, water bottle, sunglasses, hat, sun safety info, etc.)  ● Consider doing a hydration challenge  ● Consider having a sun safety and/or hydration lunch and learn or training  ● Promote any events on company’s social media site and company intranet sites | ● Guide – Anthem: [Cancer Awareness](https://webfile.anthem.com/1036258MUEENABS/HealthAndWellnessStrategyGuide.html) Month  ● Click on Calendar  ● Select July  ● National Wellness Observance: [UV Safety Month](https://www.iabhp.com/national-wellness-observance-calendar/uv-safety-month/)  ● American Cancer Society: [Be Safe in the Sun](https://www.cancer.org/healthy/be-safe-in-sun.html) |
| Week of June 27th | ● Promote sun safety lunch and learn or trainings and/or hydration challenge  ● Purchase items for sun safety gift bags and/or incentive items/rewards for hydration challenge participants | ● Sun safety item ideas: CDC  ● [Sun Safety](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)  ● [Benefits of Drinking Water](https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Fdrinking%2Fnutrition%2Findex.html) |
| Week of July 4th | ●Promote planned activities  ● Distribute flyer *Stopping Cancer Before it Starts*  ● Send out video *How to Protect Yourself from the Sun*  ● Assemble and promote sun safety gift bags | ● Flyer – Anthem: [Stopping Cancer Before it Starts](https://file.anthem.com/1033808ANMENABS.pdf)  ● Video – American Cancer Society: [How to Protect Yourself from the Sun](https://youtu.be/zgW4szN-eRc) |
| Week of July 11th | ● Distribute and hang *Hydration* flyer  ● Start hydration challenge  ● Promote planned activities | ● Flyer – CDC: [Hydration](https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf)  ● Resource – UGA Extension: [Drink Water, Georgia](https://water.foodtalk.org/en/) |
| Week of July 18th | ● Distribute flyer *Skin Cancer*  ● Send out video *How to Correctly Apply Sunscreen*  ● Promote planned events | ● Flyer – Anthem: [Skin Cancer](https://file.anthem.com/MANSH2469ABS.pdf)  ● Video – American Cancer Society: [How to Correctly Apply Sunscreen](https://youtu.be/iJEddtGRE8U) |
| Week of July 25th | ● Send out video *How to Do Self-Skin Checks*  ● Finish hydration challenge and distribute prizes | ● Video – American Cancer Society: [How to Do Self-Skin Checks](https://youtu.be/eB38crXq-g0) |