

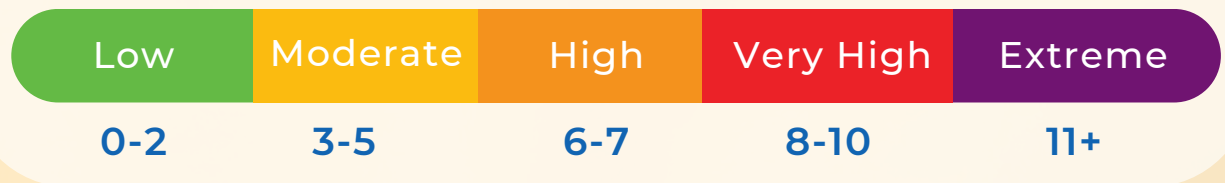
UNDERSTANDING THE UV INDEX AND SUN PROTECTION



What is the UV index?

The UV Index measures how strong the sun's ultraviolet (UV) radiation is at a particular place and time. The scale goes from 0 to 11+. **The higher the UV Index, the higher the likelihood of damage to unprotected skin and eyes.**

UV Index Levels



Check the UV Index daily for your geographic location to know your risk for sun damage and plan accordingly.

The Arizona Skin Cancer Foundation recommends using sun protection when the UV Index is 3 or above, even on cloudy days.

Here's how to protect yourself

- Apply sunscreen and reapply every two hours.
- Wear long sleeves, pants, and wide-brimmed hats.
- Wear sunglasses that block UVA and UVB rays.
- Seek shade between 10 AM and 4 PM when the UV Index is high.

STAY INFORMED AND PROTECTED!

