

Have a Sun Safe Summer!



Most important between 10am-4pm!!



UV PROTECTION CHART

				
Low (2-0)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
	Shade	Shade	Shade	Shade
				Staying indoors between 10am-4pm

*The UV Index forecast is issued daily by the National Weather Service and EPA

✓ **Take Frequent Breaks
in the Shade**

✓ **Wear SPF 30
Sunscreen!**

✓ **Drink lots of Water!**

✓ **Reapply Every 2-4
Hours**

✓ **Wear a Brimmed Hat
and Sunglasses**



Public Health
Prevent. Promote. Protect.

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