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- Apply sunscreen- 30SPF.
- Wear a wide-brim hat.
- Put on UVB/UVA sunglasses.
- Wear a shirt with sleeves, and if possible, wear a shirt with SPF.
- Stay in the shade from 10AM to 2PM.

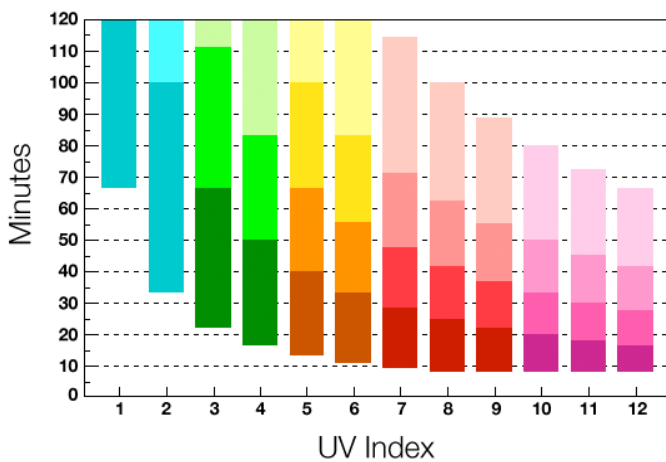
Be prepared for your hike, walk, or adventure by checking the Weather Channel app or by logging on to www.weather.com to see the local UV Index, so you know before you go.

Knowing the UV Index for your area, insures that you are prepared for the day.

Be Sun Smart 	Very Low 0-2	Low 3-4	Moderate 5-6	High 7-9	Very High 10+
30 SPF Sunscreen 					
UVA/UVB sunglasses 					
Wide-Brim Hat 					
Protective Clothing 					
Stay in the Shade 10AM-4PM					
Stay in the Shade All Day					

Skin Damage Time Range

with respect to **Burn Frequency & UV Index**



Ranges (mJ/cm²) for Burn Frequency
 10-30: Always 30-50: Usually 40-75: Sometimes 50-120: Rarely

Burn Frequency

- Rarely
- Sometimes
- Usually
- Always

UV Index

- Very High
- High
- Moderate
- Low
- Very Low



TOP TEN SUN SAFETY TIPS

1. Protect your scalp by wearing a hat. Your hair doesn't protect your scalp and incidence of melanoma of the head and neck is increasing.
2. Wear sunscreen with a sun protective factor (SPF) of 30 or higher that protects you from both UVA and UVB rays. These are termed "broad spectrum" sunscreens.
3. Remember that water and sand reflect the sun, making the rays even stronger!
4. Remember to reapply your sunscreen every two hours (more if you are swimming or sweating.)
5. Check the expiration date of your sunscreen. If it is expired, its active ingredients are not active!
6. Wear sunglasses that protect against UVA and UVB rays to reduce your risk for melanoma of the eye.
7. Stay out of direct sun when the rays are the strongest: between 10 am and 2pm.
8. Don't use tanning beds: their ultraviolet rays can increase a person's risk for melanoma by 75%.
9. Wear protective clothing with a built-in UPF factor in the fabric.
10. Remember that a white cotton T-shirt has a UPF factor of only 5 to 7. Wear clothing that is tightly woven and darker in color so less UV radiation reaches your skin.

Learn more about sun safety and skin cancer prevention at www.outrunthesun.org.

UV Index Scale