

UV SAFETY GUIDE

Sun Smarter All Summer Long!

Stick this on your fridge or near your sunscreen stash as a daily reminder to protect your skin.

What to Do Based on UV Index:



0–2 | RISK LEVEL: **LOW**

SUN SAFETY: **SPF 15+** IF OUT FOR LONG

- Sunglasses with UV protection



3–5 | RISK LEVEL: **MODERATE**

SUN SAFETY: **SPF 30+**

- Hat & sunglasses
- Find shade between 10AM–4PM



6–7 | RISK LEVEL: **HIGH**

SUN SAFETY: **SPF 30–50**

- Wear protective clothing
- Avoid direct sun midday
- Reapply sunscreen often



8–10 | RISK LEVEL: **VERY HIGH**

SUN SAFETY: **SPF 50+**

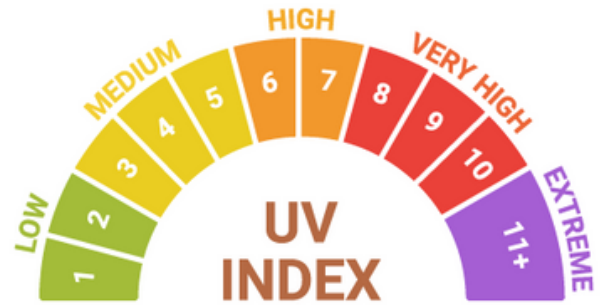
- Wide-brim hat & long sleeves
- Limit time outdoors at peak hours



11+ | RISK LEVEL: **EXTREME**

SUN SAFETY: **BROAD-SPECTRUM SPF 50+**

- Wide-brim hat & long sleeves
- Limit time outdoors at peak hours



0–2 (Low)



3–5 (Moderate)



6–7 (High)



8–10 (Very High)



11+ (Extreme)



BONUS TIPS

FOR STAYING SUN SAFE:

- Reapply sunscreen every 2 hours or after swimming/sweating
- Use broad-spectrum sunscreen (UVA + UVB protection)
- Check daily UV Index with a weather app or site
- Watch out! Water, sand, and snow reflect UV rays and boost exposure