



How fast can you **SUNBURN?**

This UV Index Chart shows how quickly your skin will burn without sunscreen.

UV Index:	0 – 2 Very low	3-4 Low	5-6 Medium	7-10 High	10+ Very high
How to protect yourself					
	 SPF 15	 SPF 15	 SPF 15	 SPF 30	 SPF 45
	Minutes to burn*	60	45	30	15-24

*Minutes to burn with no sunscreen use based on fair skin that sometimes tans but usually burns.

Key	
Wear sunglasses	
Use sunscreen	SPF 15, 30, 45
Wear a hat	
Stay in the shade	
Try to stay out of the sun at midday	

Check out your UV Index!

Sunny or Cloudy - It's ALWAYS smart to be SunWise!

