

# How long does it take to get a **SUNBURN?**



| Ultraviolet (UV) Index: | 0-2<br>Very Low | 3-4<br>Low | 5-6<br>Medium | 7-10<br>High | 10+<br>Very High |
|-------------------------|-----------------|------------|---------------|--------------|------------------|
| Minutes to sunburn*     | 60              | 45         | 30            | 15-24        | 10 or Less       |
| How to protect yourself |                 |            |               |              |                  |
|                         |                 |            |               |              |                  |
|                         |                 |            |               |              |                  |
|                         |                 |            |               |              |                  |
|                         | SPF 15+         | SPF 15+    | SPF 15+       | SPF 15+      | SPF 15+          |
|                         |                 |            |               |              |                  |

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

To check out the UV Index in your area please visit [www.azdhs.gov/phs/sunwise](http://www.azdhs.gov/phs/sunwise)

| Key Code |                                      |
|----------|--------------------------------------|
|          | Wear sunglasses                      |
|          | Use sunscreen - SPF 15, 30, 45       |
|          | Wear a hat                           |
|          | Stay in the shade                    |
|          | Try to stay out of the sun at midday |
| UV Index | Forecast for sun intensity           |



SunWise AZ™

Please visit us at [www.theempowerpack.org](http://www.theempowerpack.org)

