


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

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 15+	 SPF 15+
					
Minutes to burn*	60	45	30	15-24	10 or Less

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



# EMPOWER and SunWise AZ™

## Key Code



**Wear sunglasses**



**SPF 15+**

**Use sunscreen - SPF 15+**



**Wear a hat**



**Stay in the shade**



**Try to stay out of the sun at midday**

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

