






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	

