



Wellness Buddy Wednesday Tip

The Ultraviolet Index

Pay attention to the solar-hazard rating for days when you will be out in the sun, and follow the appropriate warning on the index. Remember “*Slip, Slop, Slap!*”

Solar-Hazard Rating	Health Risks and Warnings
0 to 2	Minimal risk. Most people can stay in the noon sun up to 1 hour without burning.
3 to 4	Low risk. Fair-skinned people may burn in less than 20 minutes during the middle of the day.
5 to 6	Moderate risk. Fair-skinned people may burn in less than 15 minutes. Use a sunscreen with a sun protection factor (SPF) value of at least 15, a hat, and sunglasses.
7 to 9	High risk. Fair-skinned people may burn in less than 10 minutes. Use a sunscreen with an SPF value of at least 15, a hat, and sunglasses. Limit time spent in the midday sun.
10 and over	Very high risk. Fair-skinned people may burn in less than 5 minutes. Avoid sun exposure between 10:30 a.m. and 3:30 p.m. Use sunscreen with an SPF value of 20 to 30, and wear sunglasses and protective clothing.

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Nutrition & physical fitness are our mission!