

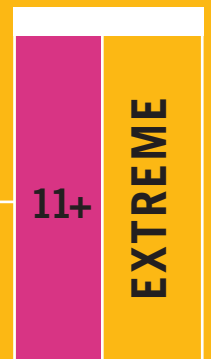
# UV SAFETY

## THE GLOBAL SOLAR ULTRAVIOLET INDEX



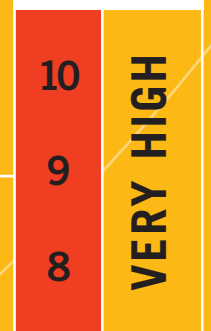
### Be extra careful outdoors!

Lighter skin will burn in minutes without protection. Avoid exposure from 10:00 to 4:00 and shield skin and eyes.



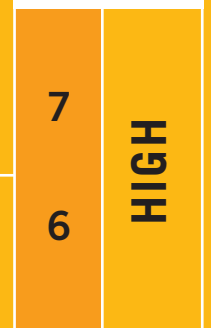
### UV levels are dangerous.

A change in skin color means UV radiation has damaged your skin. White sand and water increase your UV exposure.



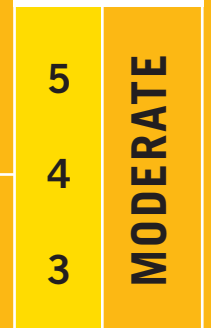
### Sunburn can happen quickly.

Children are especially sensitive to UV exposure. Cover up, use sunscreen, and play in the shade.



### It may seem safe but...

Up to 80% of solar UV radiation can penetrate light cloud cover. Use UV-blocking sunglasses and protect your skin.



### Always protect yourself from the sun.

Even with a low index rating, you can be overexposed. On a sunny day, snow reflects enough UV radiation to damage eyes and skin.

