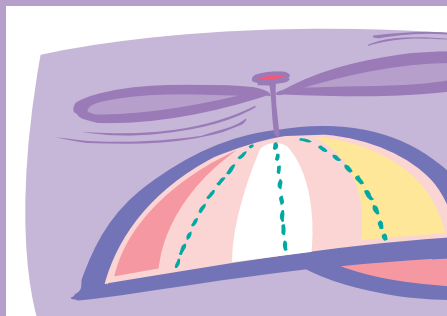
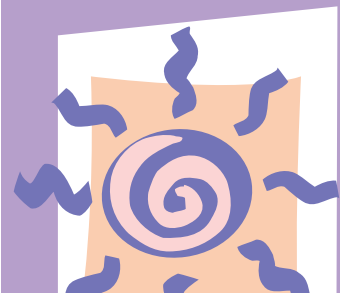
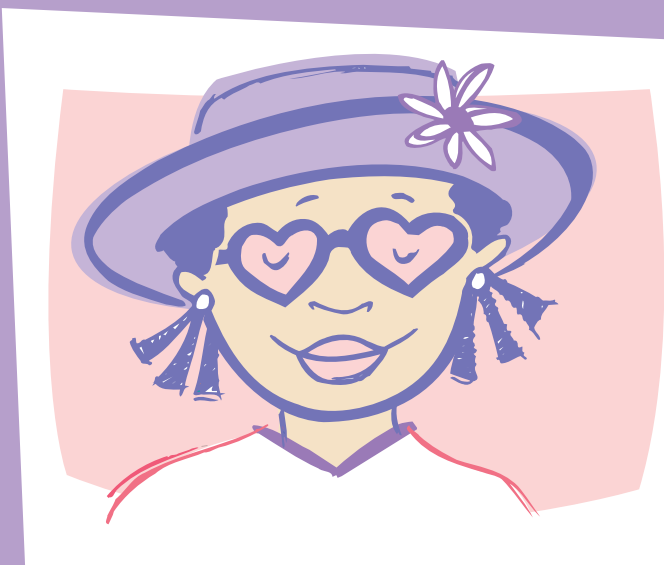
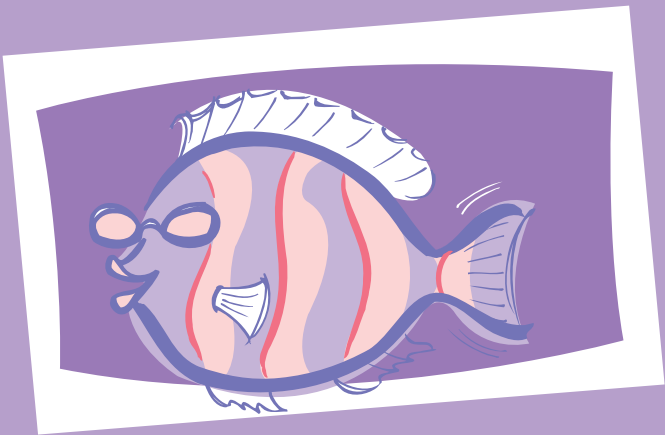
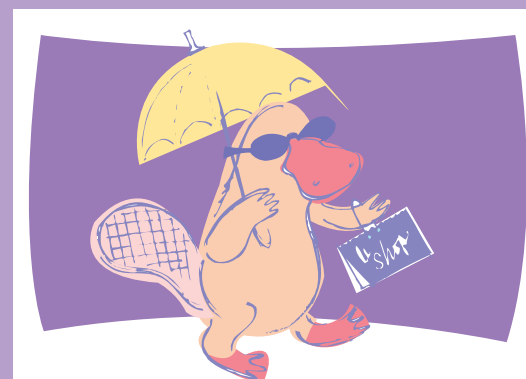
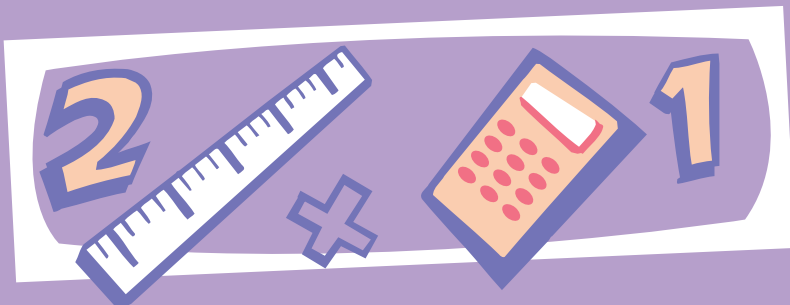
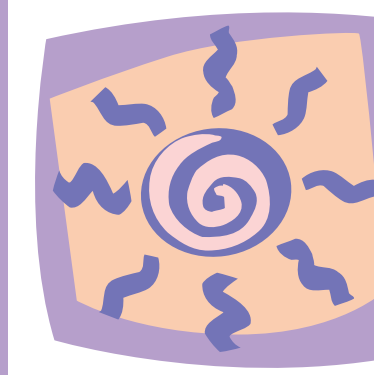
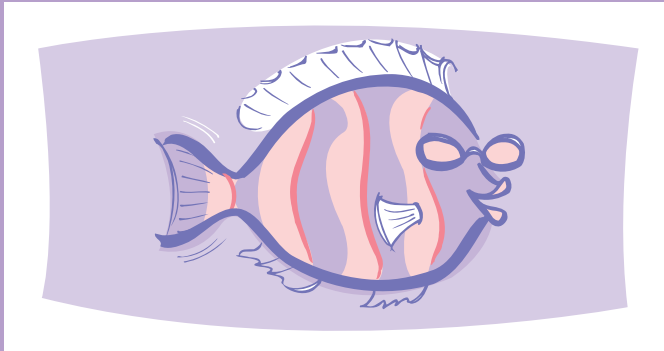
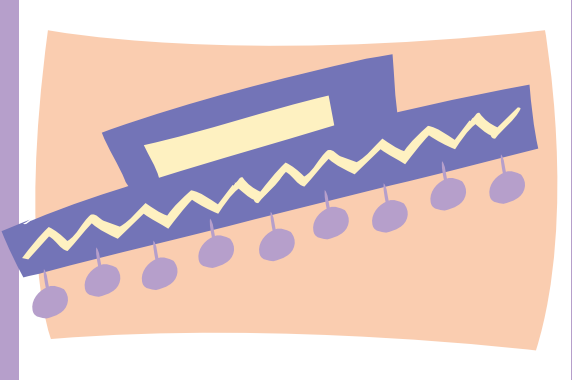


materials



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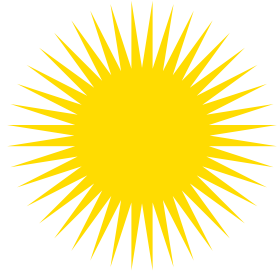
UV INDEX CHART



UV Index Number	Exposure Level
2 or Less	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11 +	Extreme

Action Steps for Sun Protection

Do Not Burn



Avoid Sun Tanning and Tanning Beds

Generously Apply Sunscreen



Wear Protective Clothing



Seek Shade



Use Extra Caution Near Water, Snow, and Sand

Check the UV Index

UV Index Number	Exposure Level
2 or Less	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11 +	Extreme

Get Vitamin D Safely

Early detection of melanoma can save your life

