



















Tracking UV

UV Index Chart



UV Index	0-2 very low	3-4 low	5-6 medium	7-9 high	10+ very high
How to protect yourself					
					
					
					
					
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.

To Do:

- Choose a U.S. city. Use an encyclopedia or the Internet to find the city's *elevation* (height above sea level).
- My city: _____
- My city's elevation: _____ feet above sea level.
- Look at a weather report for your city every day. Record your city's high temperature, weather, and UV index for two weeks.
- Look over your data. Does temperature seem to change the UV index? _____ How do you know? _____
- Do clouds or rain seem to change the UV index? _____ How do you know? _____
- Compare your chart with a classmate's. Which city has a higher elevation? _____ Which city has a higher UV index? _____ Does elevation affect the UV index? _____ How do you know? _____
- On the back of this page, write a sun-safety alert for your city. Tell people in your city what weather to expect for the next week. Describe what they can do to protect themselves from the sun. Warn them how long it will take to burn if they don't follow your advice!

KEY:

Wear sunglasses



Use sunscreen



Wear a hat



Stay in the shade



Try to stay out of the sun at midday



Source: Schering-Plough HealthCare Products