

# Ultraviolet (UV) Safety Recommendation Chart

UV INDEX	Burning time without protection	SENSITIVE SKIN / CHILDREN	Sun Protection Factor
11 and more Extreme	LESS than 10 minutes	Do not expose yourself. Wear clothing, a broad-brimmed hat, sunglasses, and frequently apply sunblock cream with sun protection factor 40.	SPF 40 every half hour
8 to 10 Very high	15 minutes	Do not expose children. Favor staying in the shade. Wear a hat, sunglasses, a shirt, and apply sunblock cream with sun protection factor 40.	SPF 40 every hour
6 to 7 High	25 minutes	Do not expose young children. Wear a hat, sunglasses, a shirt, and apply sunblock cream with sun protection factor 25.	SPF 25 every hour
3 to 5 Moderate	40 minutes	Wear a hat, sunglasses, and apply sunblock cream with sun protection factor 15.	SPF 15 every hour
1 to 2 Low	60 minutes	Wear sunglasses and apply sunblock cream with sun protection factor 8.	SPF 8 every hour

**WARNING!** Sunblock and sunscreen products are NOT meant to allow a longer exposure time, but to limit the risks of solar exposure.