

learn about the  
**Okanagan Sun**





**The Okanagan is known for its scorching heat and intense sun during the Summer months!**

**UV index in June, July, August and September reaches an average of 10, which increases risk for sunburn and heat stroke.**



# **What does UV Index mean?**

**A measure of the sun's UV radiation strength, ranging on a scale of 1 - 11+**

## **What's the significance of the UV Index?**

**Helps determine the extent of damage the sun will cause to the skin during prolonged exposure. The higher the UV index the more sun protection is recommended.**

# SUN PROTECTION TIPS BASED ON UV INDEX

(Asai et al., 2021; Forefront Dermatology, n.d.)



- **Minimal sun protection required**
- **Wear sunglasses and sunscreen**
- **Time it takes to burn: 1 hour**

- **Moderate sun protection required**
- **Wear sunglasses, sunscreen, and seek shade**
- **Time it takes to burn: 30 minutes**



# SUN PROTECTION TIPS BASED ON UV INDEX

(Asai et al., 2021; Forefront Dermatology, n.d.)



- **Need sun protection!**
- **Find shade, wear a hat, sunglasses and sunscreen**
- **Avoid prolonged sun exposure between 11am-4pm**
- **Time it takes to burn: 15-25 minutes**

# SUN PROTECTION TIPS BASED ON UV INDEX

(Asai et al., 2021; Forefront Dermatology, n.d.)



- **Need sun protection!!!!**
- **Find shade, wear a hat, sunglasses, sunscreen, and protective clothing**
- **Avoid being outside between 11am-4pm**
- **Time it takes to burn: 15 minutes**

# SUN PROTECTION TIPS BASED ON UV INDEX

(Asai et al., 2021; Forefront Dermatology, n.d.)



- **MAXIMUM** protection needed
- Can burn within **MINUTES** if not protected
- Wear a hat, protective clothing, sunglasses, and stay in the shade
- Avoid being outside between 11 am to 4 pm
- **Time it takes to burn: <10 minutes**

# #1

## SUN PROTECTION RECOMMENDATION

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**STAY OUT OF THE  
SUN COMPLETELY!**

**However... this isn't always realistic due to unplanned exposures to the sun like walking to your car, your friends wanting to study outside, and those everyday sun exposures**

# How to Plan for Unplanned Sun Exposure



**Carry  
around  
sunscreen  
in your  
bag**



**Keep  
protective  
clothing, a  
hat, and an  
umbrella in  
your car**



**Seek  
shade  
whenever  
possible**

**Now go out and  
enjoy the Okanagan  
sun SAFELY!**

