

Too Much Sun

Name: _____

Unscramble the words below to see what too much sun exposure can cause.

ksni ncrace _____

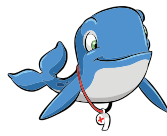
rsuubnn _____

lkiwrsen _____

rakd sotps _____

atactrac _____

yee mgaaed _____



The UV Index

Name: _____

Color the boxes below to create your own guide to the UV index.

Green

0 to 2: Low



Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 30+.

Yellow

3 to 5: Moderate



Wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days. Stay in the shade near midday when the sun is strongest.

Orange

6 to 7: High



Protection against skin and eye damage is needed. Reduce time in the sun between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Red

8 to 10: Very High



Take extra precautions. Unprotected skin and eyes can burn quickly. Minimize sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

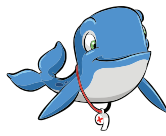
Purple

11 or more: Extreme



Take all precautions. Unprotected skin and eyes can burn in minutes. Avoid all sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Source: U.S. Environmental Protection Agency.



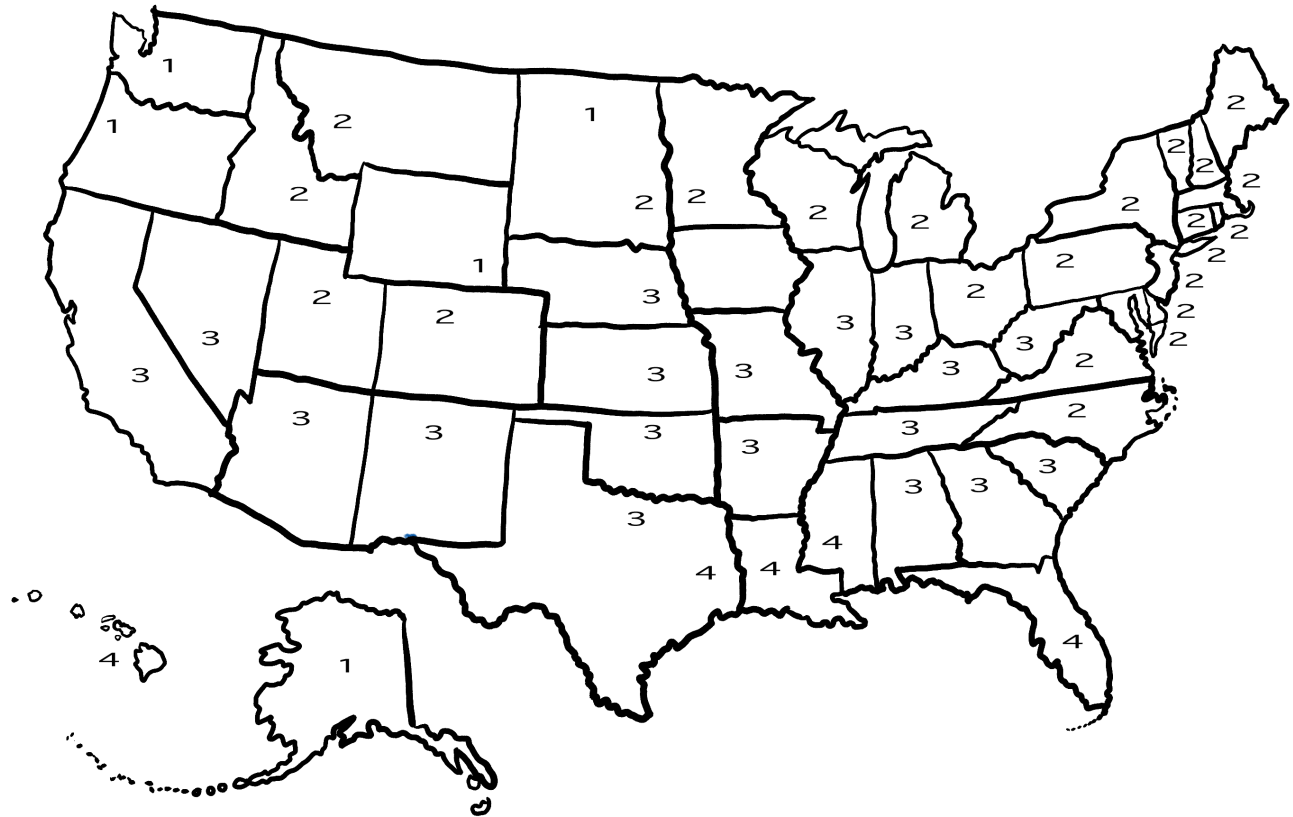
UV Map of the United States

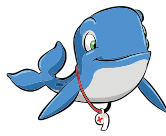
Name: _____

Color by number to see what the UV index was across the United States one day last September. Look at the number in each state. Look at the key at the top of the map. Color each state in the correct color.

Key

- 1 = Green
- 2 = Yellow
- 3 = Orange
- 4 = Red





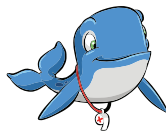
Shadow Alert

Name: _____

Look at the two shadows below and write about whether it is a good time to be outdoors and why or why not.







Hide from the Sun

Name: _____

There are safety items hidden in the picture that you may need on a sunny day. Color in the ones you can find and list them below the picture.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____