Okanagan Sun



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

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

https://kelowna.weatherstats.ca/metrics/forecast_uv.html



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.

(WHO, 2022)

SUN PROTECTION TIPS BASED ON UV JUDEX (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.)



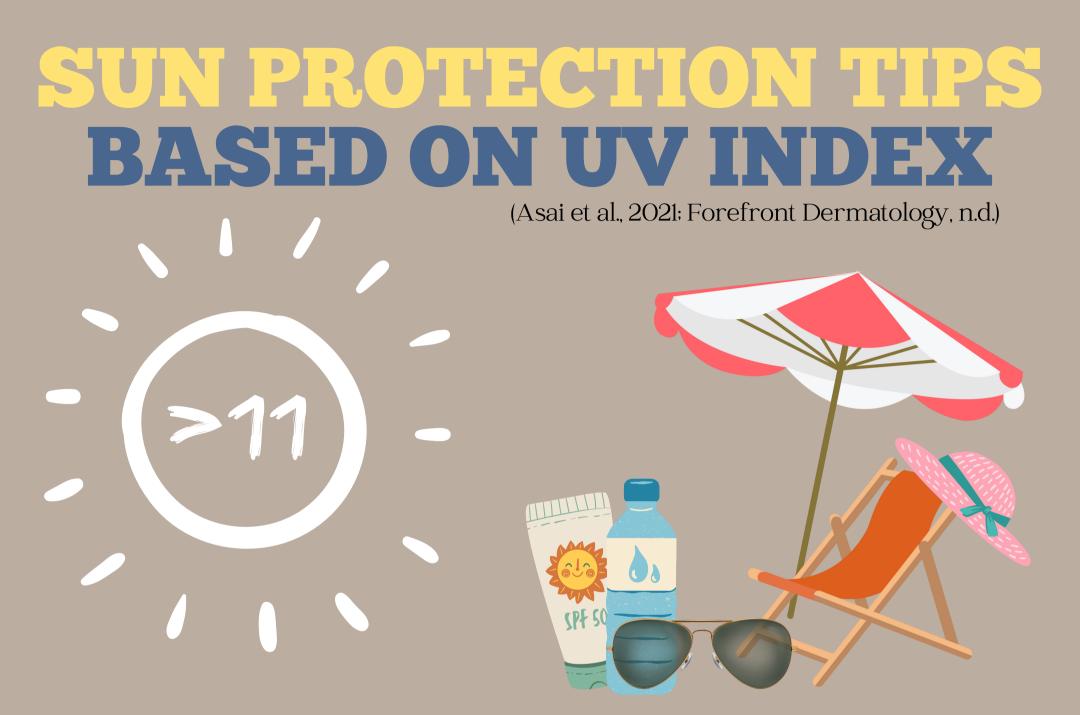
- Need sun protection!
- Find shade, wear a hat, sunglasses and sunscreen
- Avoid prolonged sun exposure between 11am-4pm
- Time it takes to burn: 15-25 minutes

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



- 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

SUN PROTECTION RECOMMENDATION

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!

