Subject: UV Alert for 95470: HIGH - 7 for Sep 17
From: EnviroFlash@epa.gov
Date: Tue, 16 Sep 2008 20:32:07 -0400 (EDT)
To: info@californiaskywatch.com

The UV Index Query for ZIP Code: 95470

The UV Index forecast for Wednesday, September 17, 2008 is: 7

Look for Ultraviolet (UV) Index descriptions on:
http://www.epa.gov/sunwise/uvindex.html

UV ALERT
EPA has issued a UV Alert for your area today

Ultraviolet (UV) radiation from the sun is expected to be unusually intense. EPA strongly recommends that you take the following steps to reduce risk of overexposure:

- Be mindful that UV radiation is highest from 10:00 a.m. to 4:00 p.m. and protect yourself accordingly.
- Cover up by wearing a wide-brimmed hat, UV-protective sunglasses, and long sleeves.
- Generously apply a broad spectrum sunscreen with UVA and UVB protection and an SPF of at least 15 to exposed skin. Reapply every 2 hours.
- Use extra caution near water, snow and sand as they reflect damaging UV rays.
- Whenever possible seek shade in the midday hours.

While UV intensity is unusually high today and you will need extra protection, it is important to pay attention to the daily UV Index and practice sun safety EVERY DAY to protect yourself from the negative health effects of overexposure to the sun, including skin cancer, cataracts, and premature aging.

This information is provided via the U.S. Environmental Protection Agency (EPA).

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https://enviroflash.epa.gov/uv

If your mail system does not allow you to click on a link, please cut and paste the link into your browser window.

Do not reply directly to this email. If you want more information on UV Alerts and the UV Index, please visit EPA's SunWise Site at http://www.epa.gov/sunwise/uvindex.html or send an email to sunwise@epa.gov. If you need assistance with managing your notification options please contact EPA's Central Data Exchange help desk at 1-888-890-1995 or send an email to epacdx@csc.com.

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