



http://oaspub.epa.gov/enviro/uv\_search?zipcode=95470&city\_name=Redwood+Valley&state\_code=CA

Last updated on Monday, June 1st, 2009.

# Ultraviolet (UV) Index

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## Query Results



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The UV Index Query for ZIP Code: **95470**  
 The UV Index forecast for Monday , June 01, 2009 is :



Exposure Category	Index Number	Sun Protection Messages
<b>LOW</b>	<2	You can safely enjoy being outside. Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen <b>SPF 15+</b> .  In winter, reflection off snow can nearly double UV strength.
<b>MODERATE</b>	3-5	Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen <b>SPF 15+</b> . Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
<b>HIGH</b>	6-7	Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, use sunscreen <b>SPF 15+</b> and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
<b>VERY HIGH</b>	8-10	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must,

		and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.
<b>EXTREME</b>	11+	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.

Regardless of the UV Index, the following sun safety measures are always encouraged:

- Do Not Burn.
- Avoid Sun Tanning and Tanning Beds.
- Generously Apply Sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
- Wear Protective Clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- Seek Shade when appropriate, remembering that the sun's UV rays are strongest between 10 a.m. and 4 p.m.
- Use Extra Caution Near Water, Snow and Sand as they reflect the damaging rays of the sun which can increase your chance of sunburn.
- Watch for the UV Index.
- Get Vitamin D Safely through a diet that includes vitamin supplements. Don't seek the sun.

Early detection of melanoma can save your life. Carefully examine ALL of your skin once a month. A new or changing mole should be evaluated by a dermatologist.

[Return to the SunWise UV Index Site](#)

\* The UV Index is predicted by the National Weather Service each day for the following day. More information can be obtained AT:

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/INDEX.html](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/INDEX.html) 