

We love umbrellas!



Umbrellas are an easy way to beat the heat*, making your walk more comfortable when street trees are in short supply.

But is every umbrella ideal?

- Rain umbrellas may shade from the hot sun - which is critical for an enjoyable, sweat-free walk - but they do not necessarily provide ideal protection from harmful UV rays.
- **Sun-blocking umbrellas**[†] provide a combination of UV resistance and heat protection[‡] through the use of colors and fabrics that absorb and emit the sun's UV rays. Look for the UPF (Ultraviolet Protection Factor) rating. The higher the number, the less UV intrusion.



Still, not all of us can afford a fancy umbrella with ideal UV resistance. But that shouldn't stop you from using what you have.

Remember: *The best umbrella is the one you have on hand.*



* Picture of America Heat-Related Illness Fact Sheet: https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_heat-related_illness.pdf

† UV Radiation Protection by Handheld Umbrellas: <https://jamanetwork.com/journals/jamadermatology/fullarticle/1670412>

‡ An alternate study argues the opposite, but they did not specify what type of umbrellas were used: <https://jamanetwork.com/journals/jamadermatology/fullarticle/2597893>

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