

Table SII. Examples of text messages depending on the local ultraviolet-index (UVI). In Germany, the scale usually runs from 0 to 10, with 0 being the lowest ultraviolet (UV) exposure. In order to simplify this scale for adolescents, so-called "sun protection traffic lights" were developed. The colours green, yellow and red represent different ranges of UVI

Text message examples

Green sun traffic light (UVI range 0–2)

- Hello! Today the sun protection traffic lights are on GREEN. No increased risk of sunburn today.
- Hi, the sun protection traffic lights are back on GREEN. You probably do not have to use any sunscreen today. Maybe you can still catch some sunlight. Take care!

Yellow sun traffic light (UVI range 3–7)

- Good morning! The sun protection traffic lights are on YELLOW today. It is a great blue sky. Seek shade during lunch time – the sun shines most strongly around midday! Do not forget to apply sunscreen!
- Good morning! The sun protection traffic lights are now on YELLOW. Don't forget to apply sunscreen and also think of your nose and ears. Sunburns can be extremely painful!

Red sun traffic light (UVI range 8 or higher)

- Watch out! The sun protection traffic lights are now on RED. It will be really hot – too hot to be outside during lunch time. So better stay indoors!
- Watch out! The sun protection traffic lights are now on RED again! With a cool cap, you keep a cool head! Do not forget to apply sunscreen!

Sun traffic lights combined with rainy weather

- Hi, the sun protection traffic lights are on GREEN today. It is very cloudy and not very warm ... so dress warmly and do not forget your umbrella. Unfortunately, the sun often hides behind thick clouds ... ☹
 - Good morning! Today the sun protection traffic lights are on YELLOW, but it will be quite difficult to enjoy the sun today. Unfortunately there are quite a few rain clouds on the way.
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