

UV Index Chart



The ultraviolet (UV) index is a global standard for measuring the strength of the sun's UV radiation. It was developed by the World Health Organization (WHO) and meteorological agencies to help people understand the risk of overexposure to UV rays. By checking the UV index daily, you can take proactive steps to reduce your risks.

Where to Check the UV Index

The UV index is usually listed alongside the daily forecast on weather applications on smartphone devices, or you can also visit the United States Environmental Protection Agency (EPA) website for real-time UV levels in your area.

Understanding the UV Index

< 2

Low

No protection required. It's safe to be outdoors with minimal sun precautions.

3-7

Moderate to high

Apply SPF 15+ sunscreen every two hours, wear a hat and sunglasses and seek shade during peak hours (10 a.m. to 4 p.m.)

8+

Very high to extreme

Apply SPF 15+ sunscreen every two hours, wear a wide-brimmed hat, sunglasses and appropriate clothing, seek shade during peak hours (10 a.m. to 4 p.m.) and limit time outdoors.

Risks of UV Radiation



Sunburn



Skin cancer



Immune system suppression



Eye damage



Premature aging

By understanding the risks of UV radiation and taking steps to protect yourself, you can enjoy the outdoors while safeguarding your health.