



TODAY'S UV INDEX IS

UV Index	Description	Recommended Protection
0-2	Low risk to the average person	Wear a hat and broad-spectrum UV protected sunglasses.
3-5	Little risk of harm from unprotected sun exposure	Wear a hat and broad-spectrum UV protected sunglasses.
6-7	High risk of harm from unprotected sun exposure	Wear a hat and broad-spectrum UV protected sunglasses. Wear long sleeves and pants, preferably with UPF, to cover your body.
8-10	Very high risk from unprotected sun exposure	Wear a hat and broad-spectrum UV protected sunglasses. Wear long sleeves and pants, preferably with UPF, to cover your body.
11+	Extremely high risk of unprotected sun exposure	Take all precautions possible

For more information on how you, your friends and family can live safely with the sun, visit livesunsmart.org

