



USING THE UV INDEX

The UV Index predicts the levels of ultraviolet radiation daily. It is a computer model used worldwide which combines multiple variables to determine the day’s maximum UV level or to forecast peak UV hours. Some of the variables used include:

- Time of Day – UV radiation peaks at noon or midday, with lower levels in the early morning and late afternoon.
- Cloud Cover – Mostly cloudy skies can block most of the UV radiation from reaching the Earth’s surface. Thin or patchy clouds let most UV radiation through.
- Ozone – UV radiation is absorbed by ozone. Higher amounts of ozone mean fewer rays reach the surface of the Earth.
- Seasons – UV radiation peaks in the spring and summer, with the lowest levels in winter.
- Surface of the Earth – Some surfaces like snow, sand, and water, can reflect UV rays. Structures and trees can reduce exposure to UV radiation.

Overexposure to the sun’s ultraviolet (UV) radiation can cause immediate effects such as sunburn and long-term problems such as skin cancer and cataracts. The Ultraviolet (UV) Index provides information to help you plan your outdoor activities to prevent overexposure to the sun’s rays.

Discuss the ranges of UV exposure and the protections suggested for each range, especially that day’s forecast.

Before this meeting today I looked up the Index <https://www.epa.gov/sunsafety/uv-index-1> for our area and it is a Level_____

Index	Description	Graphic Color	Recommended Protection
0-2	Low		No protection is needed. You can safely stay outside using minimal sun protection.
3-7	Moderate to High		Protection needed. Seek shade from late morning through mid-afternoon. When outside, generously apply broad-spectrum SPF-15 or higher sunscreen on exposed skin, and wear protective clothing, a wide-brimmed hat, and sunglasses.
8+	Very High to Extreme		Extra protection is needed. Be careful outside, especially during late morning through mid-afternoon. If your shadow is shorter than you, seek shade and wear protective clothing, a wide-brimmed hat, and sunglasses, and generously apply a minimum of SPF-15, broad-spectrum sunscreen on exposed skin.

The EPA has an [app](#) for mobile Apple and Android users to provide UV index info for your location.