The UV Index

Name: ________________________________________________________

Color the boxes below to create your own guide to the UV index.

Green
0 to 2: Low

Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 30+.

Yellow
3 to 5: Moderate

Wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days. Stay in the shade near midday when the sun is strongest.

Orange
6 to 7: High

Protection against skin and eye damage is needed. Reduce time in the sun between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Red
8 to 10: Very High

Take extra precautions. Unprotected skin and eyes can burn quickly. Minimize sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Purple
11 or more: Extreme

Take all precautions. Unprotected skin and eyes can burn in minutes. Avoid all sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Source: U.S. Environmental Protection Agency.