

# THE UV INDEX

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## LOW

*Minimal sun protection required.*

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## MODERATE

*Take precautions – cover up, wear a hat, sunglasses and sunscreen. Look for shade near midday.*

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## HIGH

*Protection required. Reduce time in the sun between 11 a.m. and 4 p.m. Seek shade, cover up, wear a hat, sunglasses and sunscreen.*

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## VERY HIGH

*Extra precautions required. Minimize time in the sun between 11 a.m. and 4 p.m. and take full sun safety precautions when outdoors.*

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**11**

## EXTREME

*Extra precautions required. Avoid the sun between 11 a.m. and 4 p.m. and take full sun safety precautions when outdoors.*

Source: World Health Organization, Global Solar UV Index and Environment Canada

**TODAY'S  
DATE:**

**TODAY'S  
UV INDEX IS:**