

Sun & UV

Body & health

What the UV index means, and what protection actually reduces risk.

UV index, and the response each level warrants.

Index	Level	Do
1-2	Low	No protection needed
3-5	Moderate	Shade at midday, hat, SPF 30
6-7	High	Reduce midday exposure
8-10	Very high	Avoid 11am-3pm; cover up
11+	Extreme	Stay out of the sun

UV passes through cloud and reflects off water, sand and snow.
Burning on an overcast day is entirely possible.