

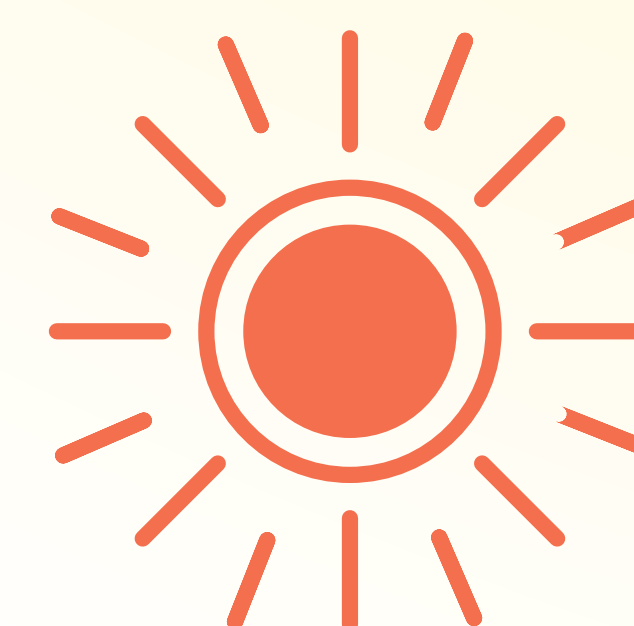
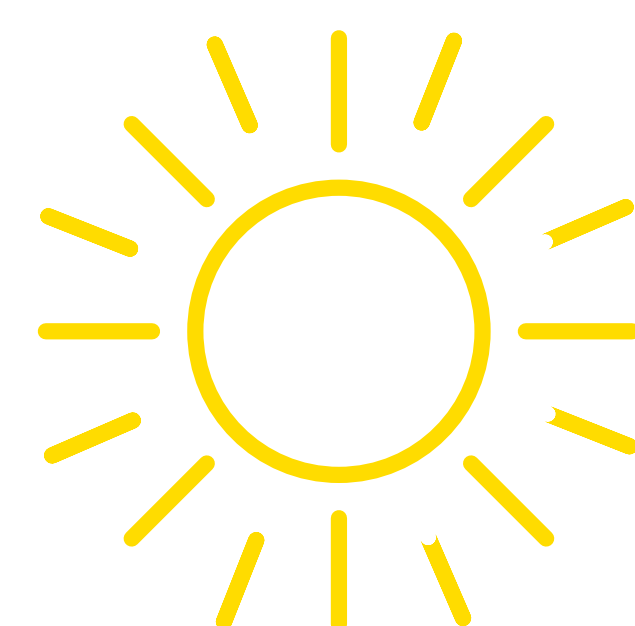
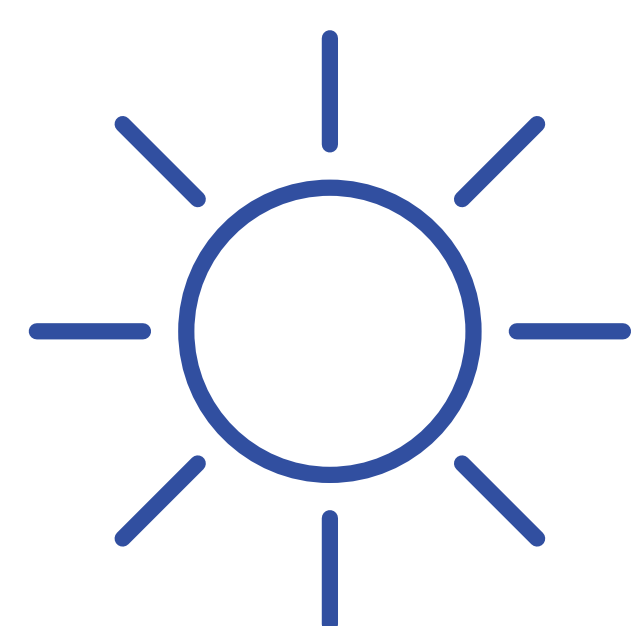
# Do you know what the UV Index is today?

Ultraviolet index (UV index) is a measure of the strength of the sun's harmful rays at a particular place and time. The higher the number, the greater the chance of sun damage.<sup>1</sup>

UV Index was developed by Canadian scientists in 1992 and standardized by the UN's World Health Organization and World Meteorological Organization in 1994.<sup>1</sup>

UV levels are affected by time of day, time of year, cloud cover, altitude, location and surrounding surfaces.<sup>2</sup>

## UV Index - Guide to Safe Sun Practices<sup>3</sup>



### 0-2: LOW UV

You can safely enjoy being outside. Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 30+.

In winter, reflection off snow can nearly double UV strength.

### 3-5: MODERATE

Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen SPF 30+. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.

### 6-7: HIGH

Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, use sunscreen SPF 30+ and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.

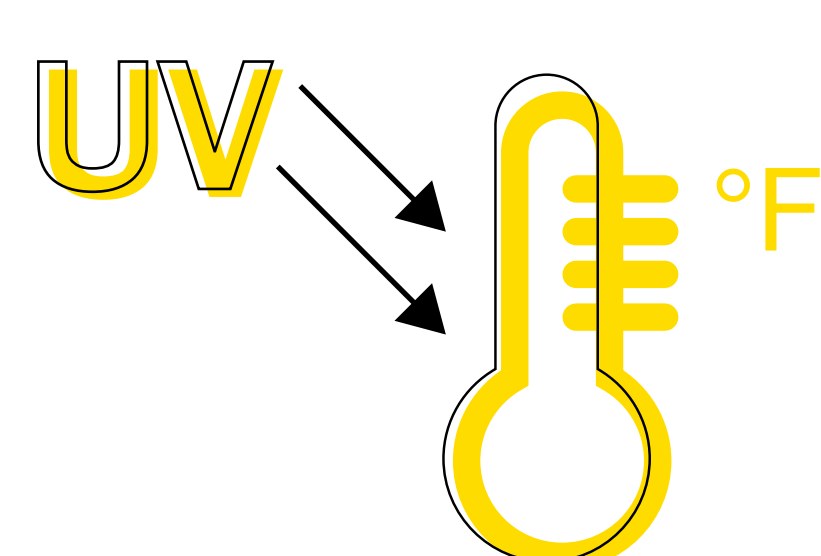
### 8-10: VERY HIGH

Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.

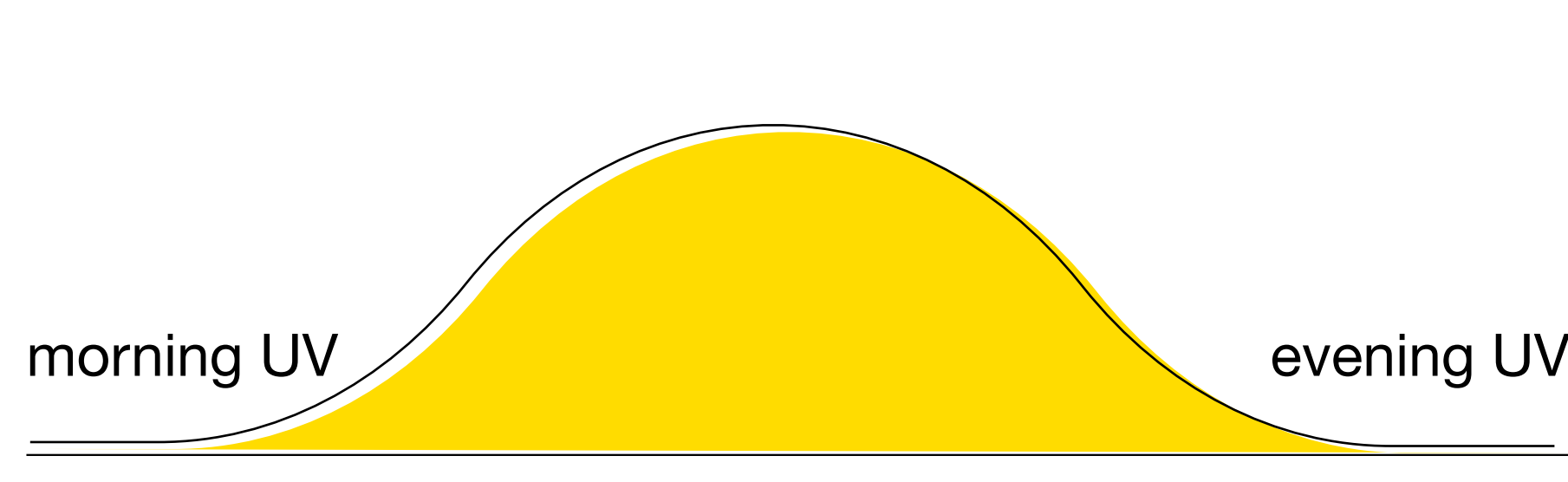
### 11 or MORE: EXTREME

Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.

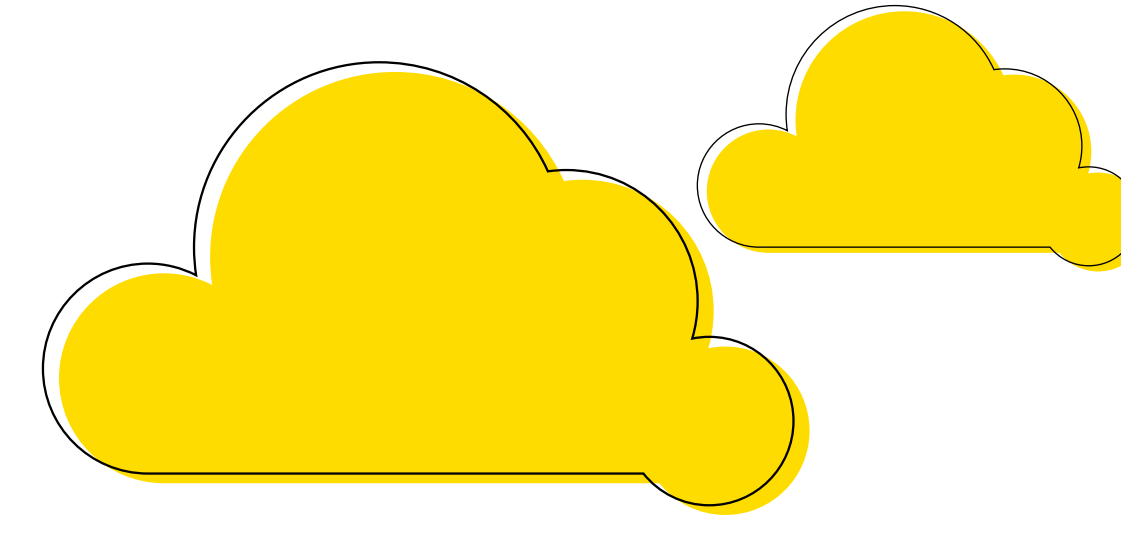
At very high UV index levels, skin can burn in as little as 15 minutes.



UV is not hot. It can't be felt and isn't connected to temperature.



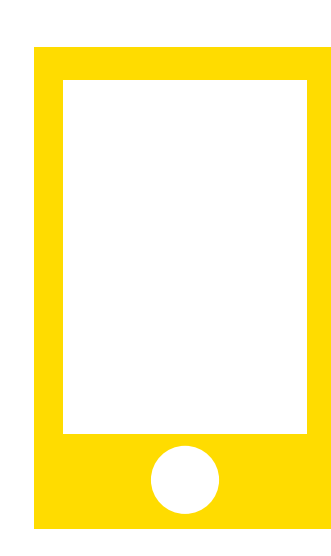
UV index is highest during the middle of the day. Plan for safe sun protection accordingly.



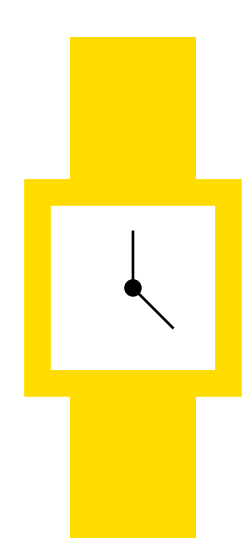
You can still burn and experience UV damage on cool, cloudy days

75% of U.S. cities see 100+ days of very high UV Index each year<sup>4</sup>

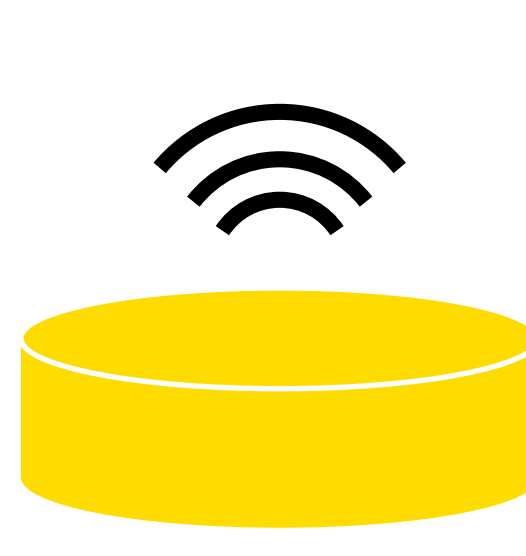
Check the UV Index in your area daily via:



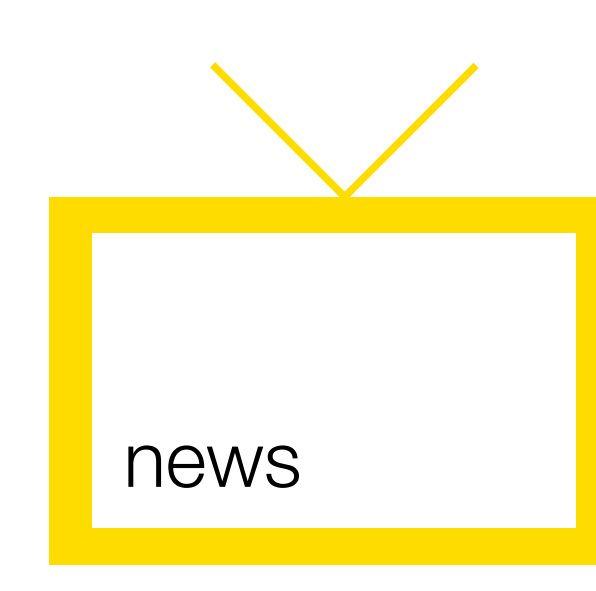
a weather app on a phone



smart watch



ask digital assistant

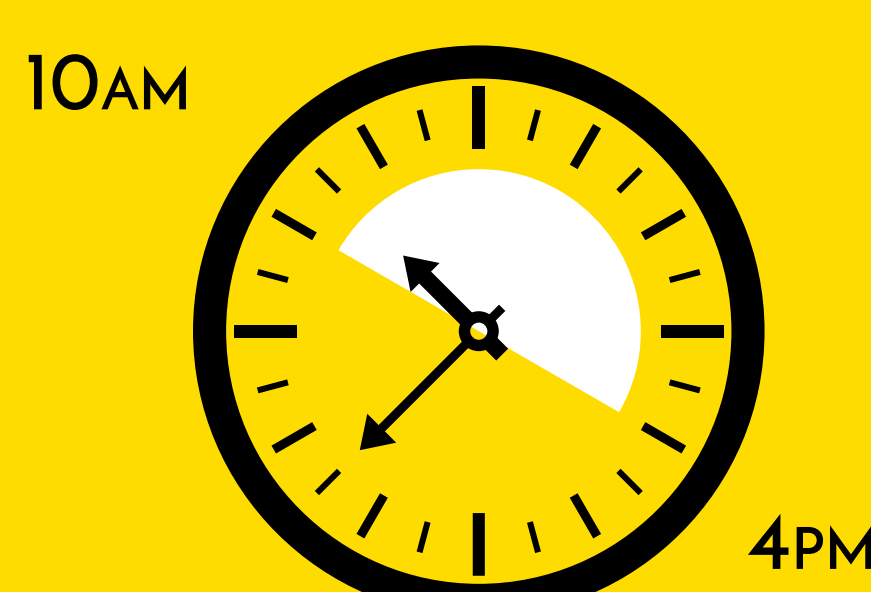


TV weather report

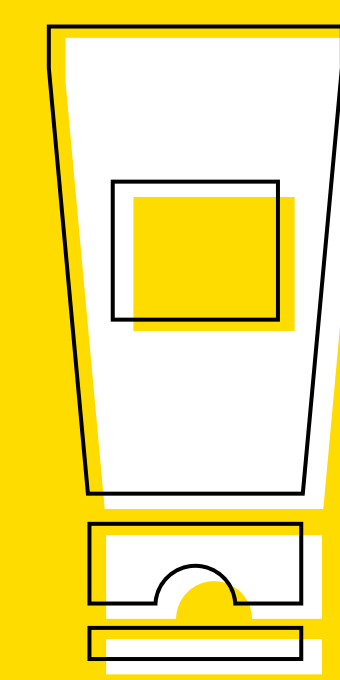
## Sun Safe Tips



Check the local UV Index to plan your sun safety before going outside.



Avoid sun exposure between 10 a.m. and 4 p.m.



Generously apply broad spectrum SPF 30+ sunscreen every 2 hours.



Seek shade and wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.



Watch out for bright surfaces, like sand, water and snow, which reflect UV and increase exposure.

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References:  
 1. US EPA. <https://www.epa.gov/sites/production/files/documents/uvradiation.pdf>, accessed July 8, 2021.  
 2. US EPA. <https://www.epa.gov/sites/production/files/documents/uvguide.pdf>, accessed July 8, 2021.  
 3. US EPA. <https://www.epa.gov/enviro/uv-index-description>, accessed July 8, 2021.  
 4. Data from cities represented in the National Oceanic and Atmospheric Association: Climate Prediction Center. Available at: [https://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_annual.shtml](https://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_annual.shtml), accessed July 8, 2021.