

# UV INDEX



<b>LOW</b> 1-2	<b>NO PROTECTION REQUIRED</b> Unless outdoors for extended periods, or near reflective surfaces such as snow, water, glass, concrete etc.
<b>MEDIUM</b> 3-5	<b>PROTECTION REQUIRED</b> Slip on clothing. Slap on sunscreen - use SPF 50+. Slap on a wide brimmed hat. Seek shade during midday hours. Slide on sunglasses.
<b>HIGH</b> 6-7	<b>EXTRA PROTECTION REQUIRED</b> Avoid being outdoors during midday hours. Make sure you seek shade. Always wear sunscreen and protective clothing. Re-apply sunscreen regularly.
<b>VERY HIGH</b> 8-10	
<b>EXTREME</b> 11+	

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