

UV index	Description	Sun Protection Actions
0 - 2	Low	<ul style="list-style-type: none"> • Minimal sun protection required for normal activity • Wear sunglasses on bright days. If outside for more than one hour, cover up and use sunscreen • Reflection of snow can nearly double UV strength. Wear sunglasses and apply sunscreen
3 - 5	Moderate	<ul style="list-style-type: none"> • Take precautions - cover up, wear a hat, sunglasses and sunscreen - especially if you will be outside for 30 minutes or more • Look for shade near midday when the sun is strongest
6 - 7	High	<ul style="list-style-type: none"> • Protection required - UV damages the skin and can cause sunburn • Reduce time in the sun between 10 a.m. and 4 p.m. and take full precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen
8 - 10	Very High	<ul style="list-style-type: none"> • Extra precautions required - unprotected skin will be damaged and can burn quickly • Avoid the sun between 10 a.m. and 4 p.m. and take full precautions - seek shade, cover up, wear a hat, sunglasses and sunscreen
11 +	Extreme	<ul style="list-style-type: none"> • Take full precautions. Unprotected skin will be damaged and can burn in minutes. Avoid the sun between 10 a.m. and 4 p.m., cover up, wear a hat, sunglasses and sunscreen • Values of 11 or more are very rare in Canada. However, the UV Index can reach 14 or more in the tropics and southern U.S. • White sand and other bright surfaces reflect UV and increase UV exposure

[Ministry of the Environment](#) (modified by Windsor Essex County Health Unit – March 2005)

Sources: [Health Canada](#), [Canadian Dermatology Association](#), and [Canadian Cancer Society](#)