



# The UV Index

Name: \_\_\_\_\_

**Color the boxes below to create your own guide to the UV index.**

**Green**  
**0 to 2: Low**

Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 30+.

**Yellow**  
**3 to 5: Moderate**

Wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days. Stay in the shade near midday when the sun is strongest.

**Orange**  
**6 to 7: High**

Protection against skin and eye damage is needed. Reduce time in the sun between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

**Red**  
**8 to 10: Very High**

Take extra precautions. Unprotected skin and eyes can burn quickly. Minimize sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

**Purple**  
**11 or more: Extreme**

Take all precautions. Unprotected skin and eyes can burn in minutes. Avoid all sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Source: U.S. Environmental Protection Agency.