

# Learn About the UV Index

The Ultraviolet Index (UV Index) is a scale that estimates the intensity of the sun.

The following chart shows the UV Index Scale, a description of the danger associated with each level on the Index, the color it will appear when it's shown on your local news/weather station and the recommended sun safe practices you'll need to stay protected.

UV Index	Description	News/Weather Station Color	Recommended Protection
0-2	<b>LOW</b> No danger to the average person.	Green	Wear sunglasses; use sunscreen if there is snow on the ground (which reflects UV radiation) or if you have particularly fair skin.
3-5	<b>MEDIUM</b> Little risk of harm from unprotected sun exposure.	Yellow	Wear sunglasses and use sunscreen, cover the body with clothing and a hat, and seek shade around midday when the sun is most intense.
6-7	<b>HIGH</b> High risk of harm from unprotected sun exposure.	Orange	Wear sunglasses and use sunscreen having SPF 15 or higher, cover the body with sun protective clothing and a wide-brim hat, and reduce time in the sun from two hours before to three hours after solar noon (roughly 11:00 AM to 4:00 PM during summer in zones that observe daylight saving time).
8-10	<b>VERY HIGH</b> Very high risk of harm from unprotected sun exposure.	Red	Same precautions as above, but take extra care – unprotected skin can burn quickly.
11+	<b>EXTREME</b> Extreme risk of harm from unprotected sun exposure.	Violet	Take all precautions, including: wear sunglasses and use sunscreen, cover the body with a long-sleeve shirt and pants, wear a broad hat, and avoid the sun from two hours before to three hours after solar noon.

**Please note that:**

- The intensity of UV radiation reaching the surface of the earth varies greatly depending on how high the angle of the sun is in the sky. The sun reaches its highest angle at solar noon, which rarely corresponds to 12:00 on clocks. This is because of the differences between solar time and local time in a given time zone.
- The UV Index recommendations given are for adults with dark to moderately fair skin. Particularly fair-skinned people (and children) or those who have sun sensitivity for medical reasons need to take extra precautions.