

# Ultraviolet (UV) Index

Source: *Environment Canada, 2017*

- The Ultraviolet (UV) Index was developed to help Canadians protect themselves from the sun's damaging UV rays (for example, sunburn, eye cataracts, skin cancer). The higher the UV Index the stronger the sun's rays, and the greater the need to take sun precautions and limit the amount of time in the sun. In Canada the UV Index ranges from 0 – 11+.
- Exposure Category:
  - Low = 0-2
  - Moderate = 3-5
  - High = 6-7
  - Very High = 8-10
  - Extreme = 11+
- The UV index will be communicated in your local weather report when the index is 3 or higher.
- This section includes a [\*\*Sample UV Index Preparedness Guide\*\*](#).