



UV Index

Manitoba Summers are usually 6 to 7 (High)

UV Index Number	Exposure Level
2 or less	Low
3 to 5	Moderate
6 to 7	High
8 to 10	Very High
11+	Extreme

Sun protection through the seasons

Being outdoors is good for you. Throughout the year, remember to check the UV Index before going outside and take precautions to protect yourself, particularly if you work or play outside for long periods of time.

What to do when the index is between 0 and 2?

UV isn't usually a problem. But be careful when it's bright and there's snow on the ground. Fresh white snow can reflect over 80% of the UV from the sun, meaning you are receiving almost twice as much UV. Special UV sunglasses will help to protect your eyes.



What to do when the index is between 3 and 7?

- Wear big hats and clothes that cover your skin.
- Put sunscreen on skin that you can't cover.
- Don't be fooled if it's cool or slightly cloudy. The UV still gets through.

What to do when the index is 8 or more?

- **Look out! Don't stay too long in the sun, especially between 11am & 3pm.**
- Stay in the shade.
- Put on more sunscreen every 2 hours or after swimming or working up a good sweat.

QUESTIONS FOR DISCUSSION:

1. Do you know what the UV index is today?
2. Do you know what the UV index is like in your home country?