

Environment Canada - UV Index

***** Anything over a rating of 3 – Sun Screen must be applied**

<http://healthycanadians.gc.ca/environment-environnement/sun-soleil/tips-parent-conseils-eng.php>

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 off 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 11 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 11 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"> • 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. • Take full precautions. Unprotected skin will be damaged and can burn in minutes. Avoid the sun between 11 a.m. and 4 p.m., cover up, wear a hat, sunglasses and sunscreen • White sand and other bright surfaces reflect UV and increase UV exposure

UV index and sun safety

Check the UV Index!

[It's in your local weather report when the Index is 3 or higher](#)

[Get a UV index poster or wallet card](#)

The UV Index was developed to help Canadians **protect themselves from the sun's** damaging UV (ultraviolet) rays. The higher the UV Index, the stronger the sun's rays, and the greater the need to take sun safety precautions. In Canada the UV Index ranges from 0 to 11+.

UV can cause sunburn, eye cataracts, skin aging and skin cancer. The amount of UV that you receive depends on the strength of the sun, as measured by the UV Index, and the amount of time you spend in the sun. Protect yourself by checking the UV index and by wearing a hat, sunglasses, sunscreen, and spending less time in the sun

How to find your daily UV Index

- During the spring and summer, the UV Index forecast is available in your weather report on Canada.ca/weather, when the Index is 3 or higher.
- Throughout the year, UV Index forecast for 47 communities across Canada is also available in our daily [UV Index Forecast bulletin](#).
- More about the [UV forecast](#) and the [UV index](#)

Sun safety tips

Enjoy the sun safely: Protect your skin, protect your eyes.

Protect your skin

When the UV Index is 3 or higher, protect your skin as much as possible. In general, the UV Index in Canada can be 3 or higher from 11 a.m. to 3 p.m. between April and **September, even when it's cloudy.**

- Seek shade or bring your own (e.g., an umbrella).
- Wear clothing that covers as much skin as possible and a wide-brimmed hat, as appropriate to the activity and weather.
- Use sunscreen labelled "broad spectrum" and "water resistant" with a sun protection factor (SPF) of at least 30 on skin not covered by clothing. Apply sunscreen generously and reapply often.

- Avoid getting a sunburn and avoid intentional tanning.
- Health Canada does not recommend the use of tanning equipment (especially for people under the age of 18).

Protect your eyes

- Wear sunglasses or eyeglasses with UV protective lenses.
- Wear a wide brimmed hat for added eye protection.

Sun safety for children and travelers

- [Babies and small children](#) have sensitive skin and burn easily. Be sure to protect them from the sun.
- Be careful on [winter holidays](#) in the sun. You can burn very quickly.
- More on [sun protection](#)

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