



How do we know what the UV Index levels are?

The UV Index (UVI) is a simple way to show how much of the sun's UV radiation reaches Earth. The UVI divides ultraviolet radiation (UVR) into levels that range from low (1-2) to extreme (11 and above).

The UV Alert

Whenever UV Index levels reach 3 (moderate) and above we need to use sun protection because the UV rays can damage our unprotected skin and eyes. This can lead to sunburn and skin cancer. Particular care should be taken between 10am and 3pm when UV Index levels reach their peak, especially during daylight savings.

UV Index levels can change throughout the year and throughout Australia. The SunSmart UV Alert shows the daily forecasted UV Index levels in over 200 cities across Australia. It also tells you the time when UVR levels will be **3 and above** and when you need to be SunSmart.

UV Index range:

Low	(0-2)	Green
Moderate	(3-5)	Yellow
High	(6-7)	Orange
Very high	(8-10)	Red
Extreme	(11+)	Purple

Do you know how to be SunSmart?



Slip on sun protective clothing



Seek shade



Slop on SPF 30+ sunscreen



Slide on some sunglasses



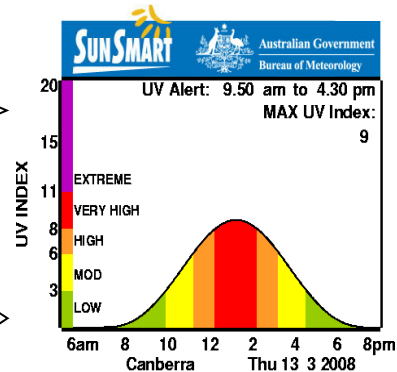
Slap on a hat

The SunSmart UV Alert is reported in most daily newspapers and on the Bureau of Meteorology website at www.bom.gov.au/uv.

What are the UV Index levels in Canberra today? What are the times you need to be SunSmart?

This shows the time period you need to be SunSmart on this day— from 9.50am-4.30pm

- UV Index ranges from :
- Low (1-2)
 - Moderate (3-5)
 - High (6-7)
 - Very High (8-10)
 - Extreme (11+)



The maximum UV Index level on this day is forecast to be 9 which is Very High

Indicates the time of day

