**UV Exposure depends on:**

**The time of day.** UV is greatest at midday, and less in early morning or late afternoon.

**The season.** UV is greatest in the spring and summer, less in the fall, and least in the winter.

**How long you're out in the sun.** The longer you are out in the sun, the more UV you receive.

**Cloud cover.** A thick, heavy layer of cloud blocks UV. However, puffy, fair-weather clouds or layers of thin, light cloud let most of it through. So, the darker the clouds, the less the UV.

**The type of surface you are on.** You get much more UV on snow, sand or concrete, since these surfaces reflect the sun's rays onto your skin - much like a mirror.

**Your elevation.** You get more UV on a mountain than at lower elevations, as the air is clearer and thinner.

**Where you are on the earth's surface.** UV is strongest at the equator, and gets weaker as you move toward the poles.

**The state of the ozone layer.** The amount of ozone in the stratosphere varies from day to day: the more ozone, the less UV. Ozone depletion may also increase UV levels. The value of the UV Index reflects the state of the ozone layer.

**What you're wearing.** Summer clothes generally expose more skin to UV.

(Source: Environment Canada)