**Higher UV**

**Levels Predicted**

Environment Canada predicts that ultraviolet (UV) radiation levels across Canada will be about 4% higher this summer than pre 1980 levels, due to the continued thinning of the ozone layer.

Exposure to UV radiation from the sun increases the risk of sunburn, skin cancers and cataracts and can weaken the immune system. Environment Canada issues a UV Index forecast, available at: <http://www.weatheroffice.gc.ca> as part of the daily weather forecast - whenever the UV Index reaches 3 or more.