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| **UNDERSTANDING THE UV INDEX** | | |
| **UV Index** | **Category** | **Protection Actions** |
| 0-2 | Low | Minimal protection for normal activity. |
| 3-5 | Moderate | Cover up, wear a hat, sunglasses, and sunscreen if outside for 30 min. |
| 6-7 | High | Protection required. Reduce time in sun between 11AM and 4PM. |
| 8-10 | Very High | Take full precautions and avoid sun between  11AM and 4PM. |
| 11+ | Extreme | Take full precautions and avoid sun between  11AM and 4PM. |