## WHAT UV RAYS CAN CAUSE

Sunburn

Skin Aging

Weakening of the Immune System

Exposure Category	UV Index
LOW	0-2
MODERATE	3-5
HIGH	6-7
VERY HIGH	8-10
EXTREME	11+

**Eye Cataracts** 

**Skin Cancer** 



The UV index measures the strength of the sun's rays. The higher the Index number, greater is the need to take sun safety precautions.

