

# WHAT UV RAYS CAN CAUSE

**SKIN AGING**

**SUNBURN**

**WEAKENING OF  
THE IMMUNE  
SYSTEM**

**SKIN  
CANCER**

**EYE  
CATARACTS**

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



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.

**To learn more visit [www.canada.ca/uv-index](http://www.canada.ca/uv-index)**

