When the UV Index is 3 or higher, protect your skin as much as possible. In general, the UV Index in Canada can be 3 or higher from 11 a.m. to 3 p.m. between April and September, even when it’s cloudy.

- Seek shade or bring your own (e.g., an umbrella).
- Wear clothing that covers as much skin as possible and a wide-brimmed hat.
- Wear sunglasses or eyeglasses with UV protective lenses.
- Use sunscreen labelled “broad spectrum” and “water resistant” with a sun protection factor (SPF) of at least 30. Apply sunscreen generously and reapply often.
- Avoid getting a sunburn and avoid intentional tanning.
- Listen for Environment and Climate change Canada’s UV Index – it’s included in your local weather forecast whenever it is forecast to reach 3 (moderate) or more that day.

UV information: www.ec.gc.ca/UV  
Weather forecasts: weather.gc.ca
The table below outlines the sun protection actions recommended at different levels of the UV Index.

<table>
<thead>
<tr>
<th>UV Index</th>
<th>Description</th>
<th>Sun Protection Actions</th>
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</table>
| 0–2      | Low         | • Minimal sun protection required for normal activity.  
           |             | • Wear sunglasses on bright days. If outside for more than one hour, cover up and use sunscreen.  
           |             | • Reflection off snow can nearly double UV strength. Wear sunglasses and apply sunscreen. |
| 3–5      | Moderate    | • Take precautions — cover up, wear a hat, sunglasses and sunscreen — especially if you will be outside for 30 minutes or more.  
           |             | • Look for shade near midday when the sun is strongest. |
| 6–7      | High        | • Protection required — UV damages the skin and can cause sunburn.  
           |             | • Reduce time in the sun between 11 a.m. and 3 p.m., and take full precautions — seek shade, cover up, wear a hat, sunglasses and sunscreen. |
| 8–10     | Very High   | • Extra precautions required — unprotected skin will be damaged and can burn quickly.  
           |             | • Avoid the sun between 11 a.m. and 3 p.m., and take full precautions — seek shade, cover up, wear a hat, sunglasses and sunscreen. |
| 11+      | Extreme     | • Take full precautions. Unprotected skin will be damaged and can burn in minutes. Avoid the sun between 11 a.m. and 3 p.m., cover up, wear a hat, sunglasses and sunscreen.  
           |             | • White sand and other bright surfaces reflect UV and increase UV exposure.  
           |             | • Values of 11 or more are very rare in Canada. However, the UV Index can reach 14 or more in the tropics and southern U.S. |