

WHAT UV RAYS CAN CAUSE

SKIN AGING

SUNBURN

**SKIN
CANCER**

**WEAKENING OF
THE IMMUNE
SYSTEM**

**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 ec.gc.ca/UV