

WHAT UV RAYS CAN CAUSE

**WEAKENING OF
THE IMMUNE
SYSTEM**

EYE CATARACTS

SUNBURN

**SKIN
CANCER**

**SKIN
AGING**

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