

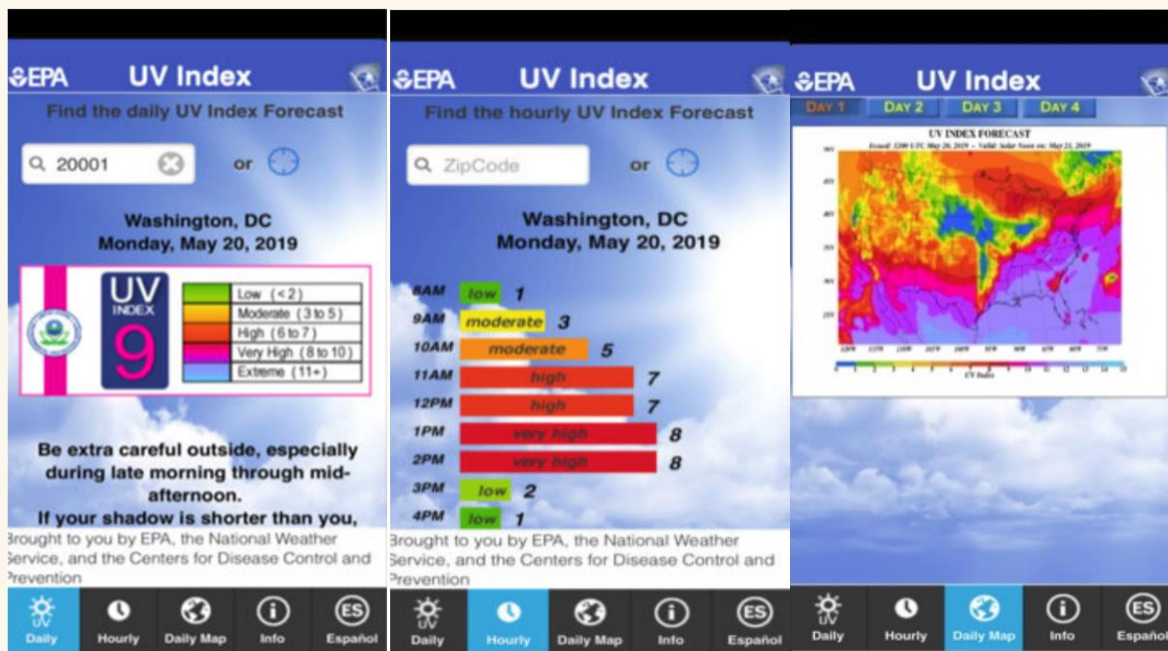
UV Index

What is the UV Index?

The UV Index is a tool used to forecast the amount of UV radiation from sunlight expected to reach the earth's surface. This forecast uses data about elevation, ozone, clouds, and location of the sun to determine the UV Index. The UV Index can range from 0 (which means there is no, or weak, sunlight) to 11+ (which indicates extreme sunlight). As UV goes up, the UV Index goes up. This means it takes less time for UV damage to occur to the skin and eyes. Protection is recommended when the UV Index is 3 or above. The higher the UV Index, the more sun protection needed.

The environmental Protection Agency's UV Index App

While UV is not high all the time, the UV Index peaks when the sun is highest in the sky. It can stay elevated until late in the day. Checking the UV Index every day will allow for taking steps to protect skin and eyes from UV damage. An easy way to check the daily UV Index is by using the *SunWise UV Index* app for smartphones. This app is free! It provides sun safety advice based on the UV Index, hourly updates, and a daily map showing the UV Index across the United States. The app is also available in Spanish.



To download this app for an iPhone, use this [link](#) or search for *SunWise UV Index* in the App Store. To download this app for an Android phone, use this [link](#) or search for *SunWise UV Index* in Google Play. Downloading the app onto your phone is a convenient way to check the UV Index in real-time, but you can also check the UV Index on the EPA's [website](#) or in the Weather app on your smartphone.