



1-2 LOW No protection required You can safely stay outside.	3-5 MODERATE Protection required when spending long periods in the sun, especially if you have fair skin.	6-7 HIGH Protection essential Slip, slop, slap and wrap.	8-10 VERY HIGH Seek shade Slip, slop, slap and wrap Cover up & reapply sunscreen regularly.	11+ EXTREME Reschedule outdoor activities for early morning & evening Full protection essential.
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The UVI is an international, scientific measure of the level of Ultraviolet radiation from the sun. The higher the level, the greater the risk of skin damage.