




# How to Protect Yourself from the Sun

Ultraviolet (UV) radiation from the sun can damage our skin. Use this guide to help you stay safe in the sun:

UV-Index Level	What you should do to stay safe in the sun
1-2 <b>Low</b> 	No protection required
3-5 <b>Moderate</b> 	You <b>should</b> : <ul style="list-style-type: none"><li>• <b>slip</b> on some protective clothes,</li><li>• <b>slop</b> on some sunscreen,</li><li>• <b>slap</b> on a hat, especially if you have fair skin.</li></ul>
6-7 <b>High</b> 	You <b>must</b> : <ul style="list-style-type: none"><li>• <b>slip</b> on some protective clothes,</li><li>• <b>slop</b> on some sunscreen,</li><li>• <b>slap</b> on a hat</li><li>• <b>wrap</b> (cover) up.</li></ul>
8-10 <b>Very High</b> 	You <b>must</b> : <ul style="list-style-type: none"><li>• <b>slip</b>,</li><li>• <b>slop</b>,</li><li>• <b>slap</b>,</li><li>• <b>wrap</b></li><li>• <b>seek shade.</b></li></ul>
11+ <b>Extreme</b> 	You <b>must</b> : <ul style="list-style-type: none"><li>• <b>avoid outdoor activities</b> during the day,</li><li>• <b>slip</b>,</li><li>• <b>slop</b>,</li><li>• <b>slap</b>,</li><li>• <b>wrap</b>,</li><li>• <b>seek shade.</b></li></ul>