Color the boxes below to create your own guide to the UV index.

**Green**
0 to 2: Low

Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 30+.

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**Yellow**
3 to 5: Moderate

Wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days. Stay in the shade near midday when the sun is strongest.

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**Orange**
6 to 7: High

Protection against skin and eye damage is needed. Reduce time in the sun between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

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**Red**
8 to 10: Very High

Take extra precautions. Unprotected skin and eyes can burn quickly. Minimize sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

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**Purple**
11 or more: Extreme

Take all precautions. Unprotected skin and eyes can burn in minutes. Avoid all sun exposure between 10 a.m. and 4 p.m. If outdoors, seek shade and wear protective clothing, a wide-brimmed hat and UV-blocking sunglasses. Generously apply SPF 30+ sunscreen every 2 hours, even on cloudy days.

Source: U.S. Environmental Protection Agency.
UV Index: Drawing Page

Name:

Directions: Using the ORANGE UV Index information, draw a picture of your favorite outdoor activity scene. (Example: swimming pool, softball/baseball field, hiking in the mountains or fishing on a lake.) Add yourself to the activity and show what will keep you from getting too much sun.