



UV Index

To check the UV Index go to www.met.ie/uv-index

LOW	NO PROTECTION REQUIRED
1-2	Unless outdoors for extended periods, or near reflective surfaces such as snow or water.
MODERATE	PROTECTION REQUIRED
3-5	Slip on clothing. Slap on sunscreen, use sun protection factor (SPF) 30 for adults and 50 for children. Slap on a wide brimmed hat.
HIGH	Seek shade during midday hours.
6-7	Slide on sunglasses, wraparound are best.
VERY HIGH	EXTRA PROTECTION REQUIRED
8-10	Avoid being outside during midday hours. Make sure you seek shade.
EXTREME	Always wear sunscreen and protective clothing i.e. shirt, hat, and sunglasses.
11+	