



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. Slop on sunscreen, use sun protection factor (SPF) 30 for adults and 50 for children. Slap on a wide brimmed hat. Seek shade during midday hours. Slide on sunglasses, wraparound are best.
HIGH	EXTRA PROTECTION REQUIRED
6-7	
8-10	Avoid being outside during midday hours. Make sure you seek shade. Always wear sunscreen and protective clothing i.e. shirt, hat, and sunglasses.
EXTREME	
11+	