

The UV index

and basic photoprotection recommendations

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UV1 UV2

MILD

You do not need protection and can stay outdoors without any risk.

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UV3 UV4 UV5

MODERATE

Use some form of protection and stay in the shade during the central hours of the day.

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UV6 UV7

HIGH

Protection is essential, so if you must go out, wear light clothing and approved sunglasses.

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UV8 UV9 UV10

VERY HIGH

You need some extra protection, so if you have to go out, don't forget your hat and sun cream.

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UV11

EXTREME

Avoid going out during the middle of the day or opt to stay indoors until evening.



Source: OMS.