

Scan the QR code (right) to find out the UV index for where you are.



KEEP YOURSELF SUN SENSIBLE

THE UV INDEX

The UV index is a useful tool that tells us how strong the sun's UV rays are and when we might be at risk of burning. The higher the value, the greater the risk of sunburn and the less time it takes to damage your skin.

!	UV Index	Description	Sun Protection Actions
	0-2	Low	<ul style="list-style-type: none"> No Sun protection required for normal activity.
	3	Moderate	<ul style="list-style-type: none"> Take precautions: cover up, wear a hat, sunglasses, and sunscreen, especially if you are going to be outside for 30 minutes or more. Stay Hydrated. Type 1 skin can burn in 10 minutes.
	4-5	High	<ul style="list-style-type: none"> Look for shade near midday Protection required. This level of UV damages the skin and will cause serious sunburn. Take full precautions: cover up wear a hat, sunglasses and sunscreen. Stay Hydrated.
	6-7	Very High	<ul style="list-style-type: none"> Protection required. This level of UV damages the skin quickly and causes severe sunburn. Take full precautions: cover up, wear a hat, sunglasses and sunscreen. Stay Hydrated. Limit time in the sun as much as possible, seek shade.



LEGACY 2014
XX COMMONWEALTH GAMES
GLASGOW



The Fitzpatrick Scale

The Fitzpatrick scale (left) is a numerical classification scheme for the colour of skin. Developed by Thomas B. Fitzpatrick - a Harvard Dermatologist, it's a great way to determine the response of different types of skin to UV rays. Check out what your skin type is on the table on the left.

