



## Know the UV Index

UV rays are the invisible burning rays emitted by the sun every day, all year long. UV rays can cause sunburns, skin damage, and eye damage, and are the main cause of skin cancers.

There are three types of UV rays:

- ✓ **UVA rays** are present all daylight hours and all year round, even on cloudy days. UVA rays can even penetrate glass, so children can get skin damage while riding in a vehicle or sleeping near a glass window.
- ✓ **UVB rays** are strongest between 10:00 AM and 4:00 PM each day, and are most prevalent between March and October.
- ✓ **UVC rays** are blocked by the ozone layer and do not reach the earth's surface.

Many people believe that only UVB rays – those that are strongest during the summer months – are damaging. But both UVA and UVB rays cause sunburn, premature aging, and wrinkling. Research suggests that the year-round UVA rays may be as damaging as UVB and may lead to skin cancer, including life-threatening melanoma.

The "UV Index" rating predicts the intensity of UV light for each day and geographic location. The UV Index scale ranges from 1 (low) to 11+ (extreme). The higher the Index, the more sun protection is needed.

The daily UV Index for your area may be found in your local newspaper or on your local daily weather forecast. You can also find the UV Index online at websites, including [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org).

There is no healthy tan! Tanning lamps and sun lamps send out damaging UVA and UVB. Promote self-confidence and encourage children to be happy with their natural skin tone.