



The Ultraviolet Index (UVI) measures the strength of Ultraviolet Radiation (UVR) outdoors. The higher the UVI number, the stronger the UVR.

UVR can damage our skin and cause skin cancer. Skin cancer kills over 400 people in New Zealand each year.

On most days between September and April the UVI is 3 or higher and we need to protect ourselves outdoors, especially if we have fair skin.

You can get sunburnt on cooler, cloudy days in New Zealand. You cannot see or feel UVR.

In winter the UVI can be 3 or higher in the mountains or snow at high altitude. It can also be above 3 in the upper North Island.



The UVI is promoted by the World Health Organization, is scientifically based, and is used internationally.

To find your local daily UV index guide go to:
<http://www.niwa.co.nz/UV-forecasts>



1 and 2
Low

No protection needed
You can safely stay outdoors

3 to 5
Moderate

Protection needed when spending long periods outdoors, especially if you have fair skin

6 and 7
High

Protection needed
Slip, Slop, Slap and Wrap

8 to 10
Very High

Stay in the shade between 10am and 4pm
Slip, Slop, Slap and Wrap

11+
Extreme

Plan outdoor activities for early morning or evening
Full protection needed

The UV Index is an international, scientific measure of the ultraviolet radiation outdoors. The higher the UV Index, the greater the risk of skin damage.

www.sunsmart.org.nz
www.cancer.org.nz