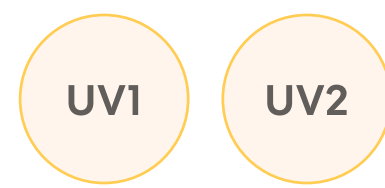


The UV index and basic photoprotection recommendations



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Mind

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

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Moderate

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

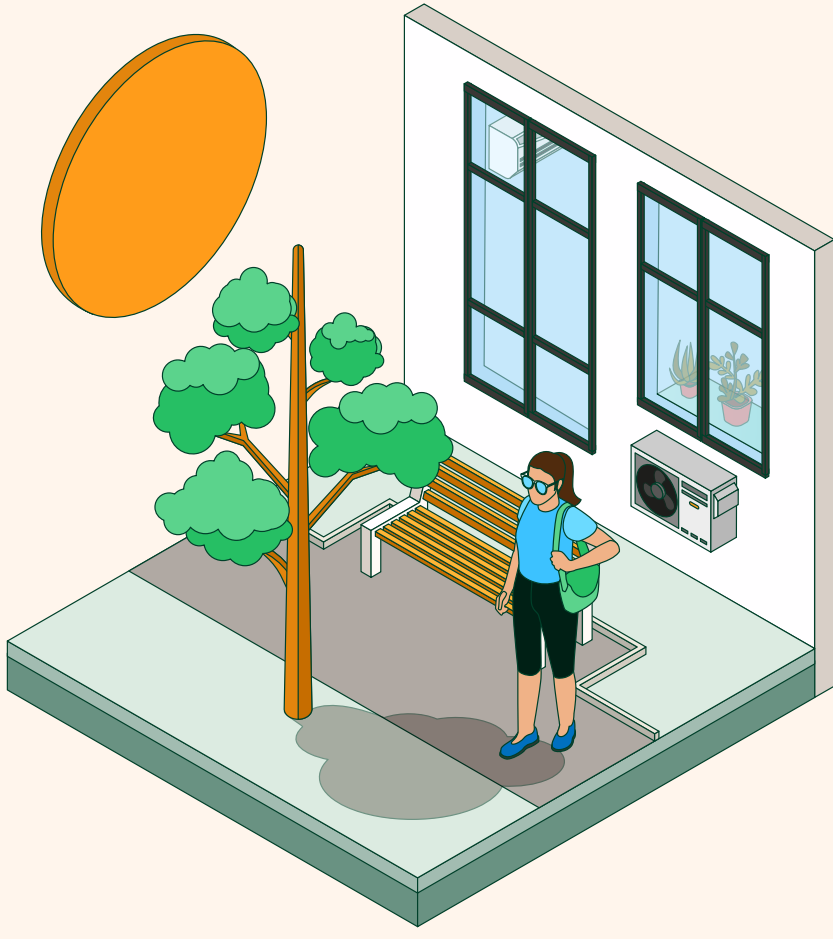


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High

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

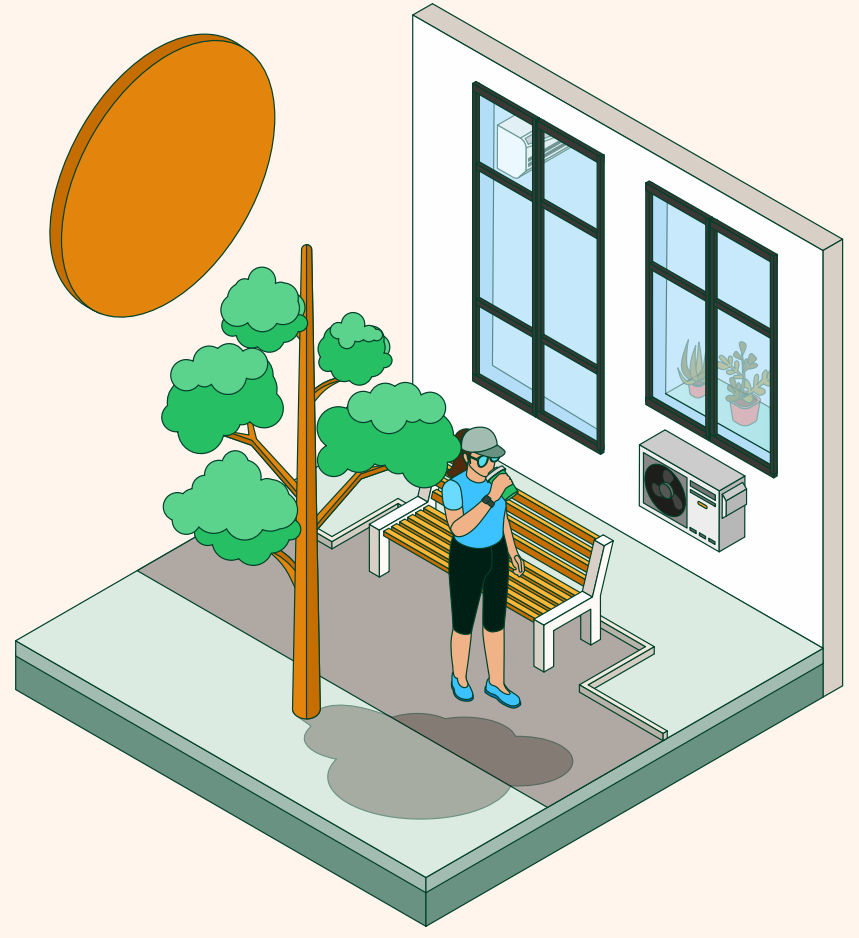


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Very high

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

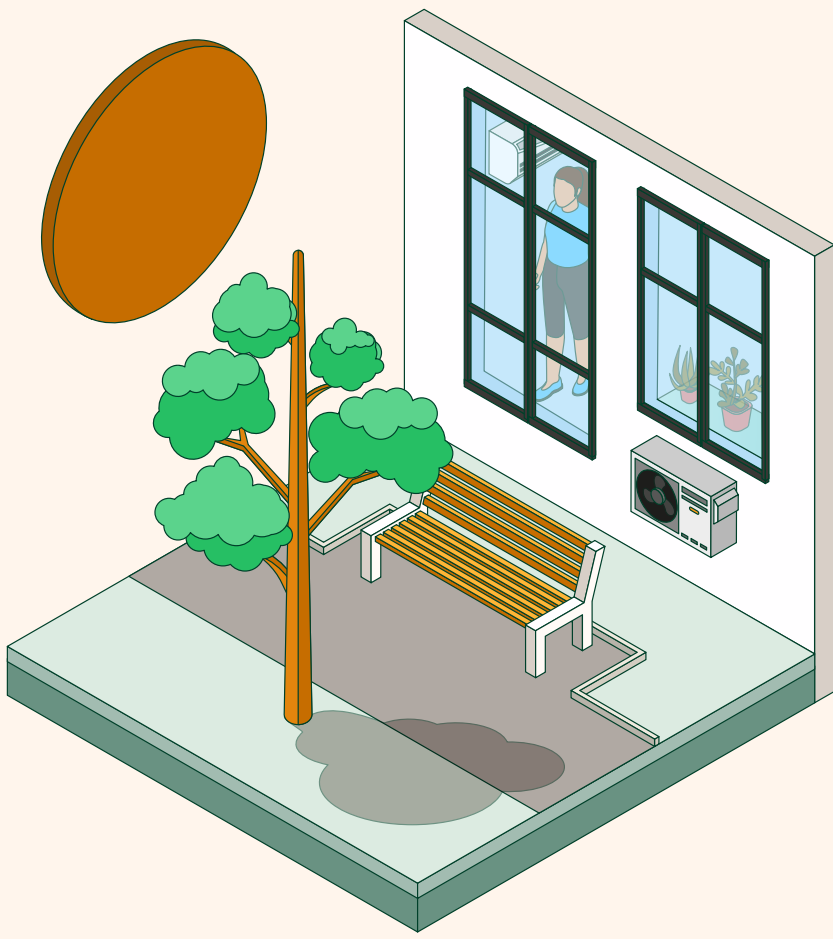


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Extreme

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



Source: OMS