



Name _____

Tracking the UV Index

Why is the UV Index important to your health?



Directions:

1. Locate the UV Index number for today in your area by using the weather map from the newspaper or the Internet (see <http://www.epa.gov/sunwise/uvindex.html>).
2. Complete the table below with the UV Index reading, color, exposure level, and sky conditions for up to 5 days.

The higher the UV Index, the greater the need for skin and eye protection.

UV Index Number	Exposure Level	Color Code
1 - 2	Low	Green
3 - 5	Moderate	Yellow
6 - 7	High	Orange
8 - 10	Very High	Red
11+	Extreme	Purple

Day of Week

	Monday	Tuesday	Wednesday	Thursday	Friday
UV Index Number					
Exposure Level					
Color					
Sky Conditions					

1. Looking at your data in the table above, how has the UV Index changed over the week?
2. What relationship is there between the UV Index and weather conditions?