



What exactly is the UV index scale
and what does it tell you?

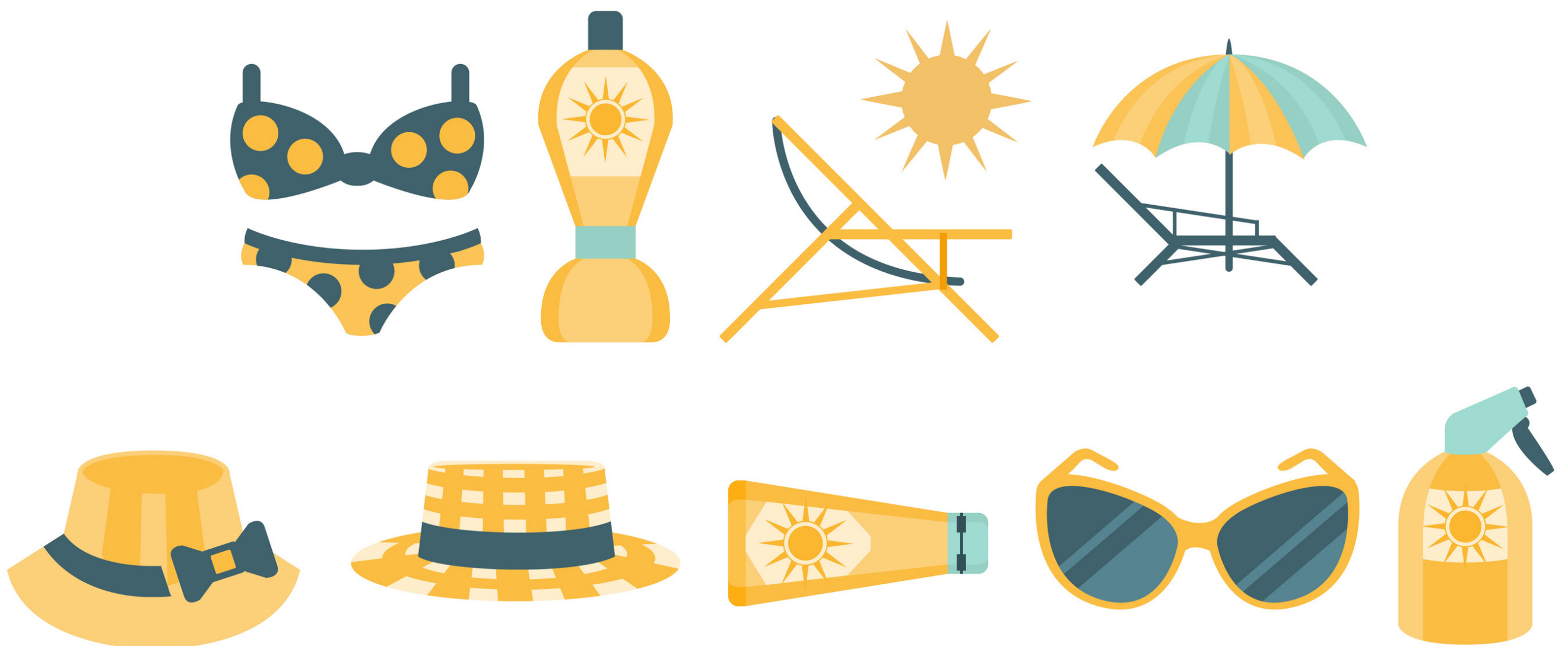
RAHN

What is the UV index scale, exactly?

You've probably heard the term "UV" when people talk about **sunscreen**, but do you know what it is, how the **index scale** works, or how it can **affect** your skin?

Since the **strength** of the sun's UV rays **varies** from **day to day**, scientists came up with a way to **indicate** how strong UV rays are at a certain time.

The **UV index** measures the **intensity** of the sun's UV rays and, consequently, the **likelihood** of getting **sunburned**.

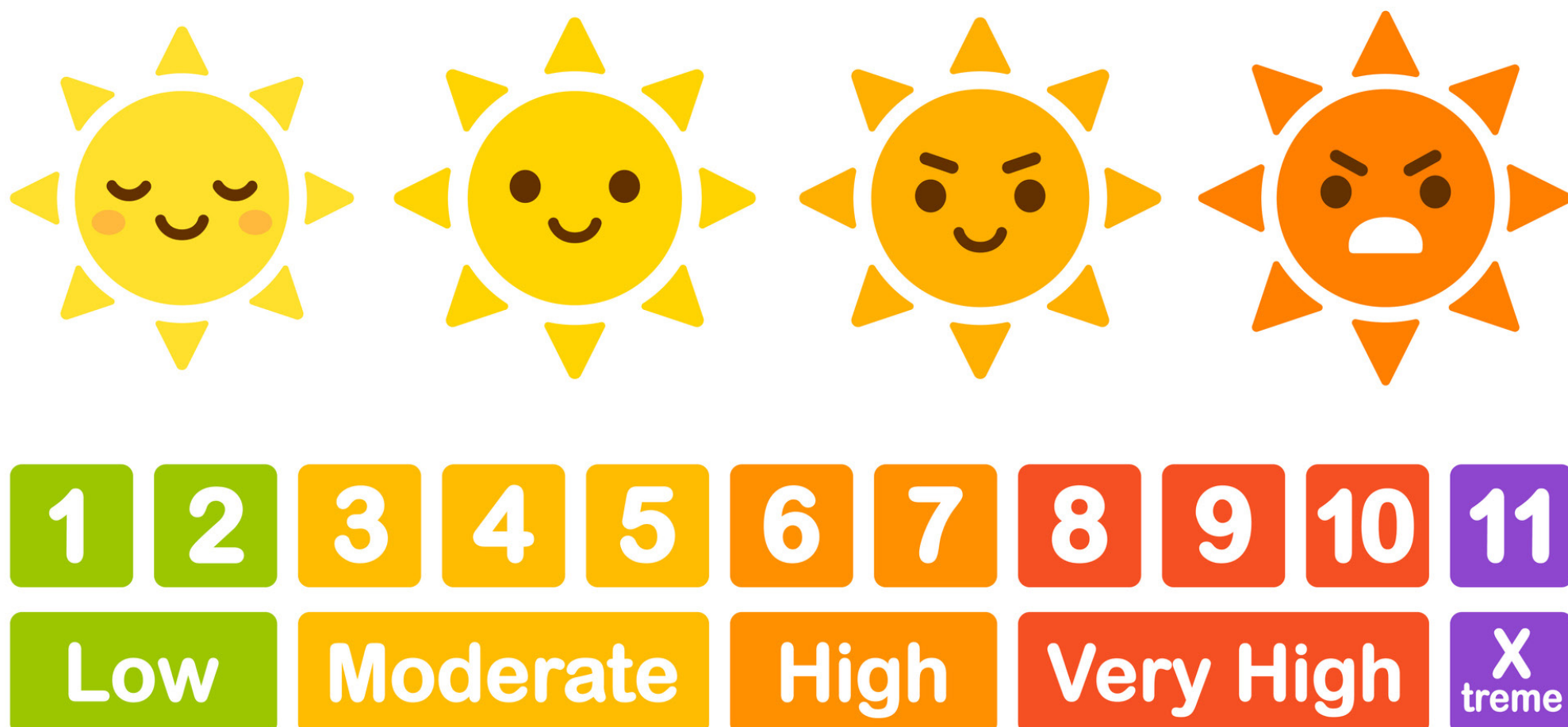


What is the UV index scale, exactly?

According to the **World Health Organization**, it considers aspects including:

- the sun's height in the sky
- the time of year
- cloud cover
- altitude
- the thickness of the ozone layer and ground reflection

Then, it condenses all of this information into a **single number** for you to **quickly** assess.



What does the UV index mean, and how do we read it?

The UV index essentially **measures** how **strong** the sun's UV rays are; the **stronger** they are, the more damage they can do to your health. The index values are **grouped** into **5 levels** of risk:

- Low (0–2)
- Moderate (0–5)
- High (6–7)
- Very High (8–10)
- Extreme (11+)

The **higher** the number on the scale, the **stronger** the sun's rays are forecasted to be – and the **more** sun protection you'll need to defend against exposure to harmful UV light.



UV Index & Skincare Implications

How does this all **relate** to your **skincare** routine? Well, even a brief 15-minute **exposure** to UV radiation can **harm** your skin and **raise** your risk of **developing** skin cancer. Sometimes, we can see and feel sun damage shortly after it occurs:

- Changes in colour (such as tan, pink, or red)
- Skin that's hot to the touch
- Pain, swelling, and tenderness
- Blisters filled with fluid that can pop

Therefore **sunscreen** should always be a part of your morning **skincare** regimen, but be sure to amp up your application with a **broad-spectrum sunscreen** to defend against both UVA and UVB rays when the index presents an increased risk.



Want to know what the **UV index** is of your current location, or somewhere else?

All **iPhone users** can check the UV Index of **any** location in the world, including their **current** location, by utilizing the default **weather app**.

It has an extended weather **details section** that can be accessed by **scrolling down**, and among the detailed weather specifics now resides UV Index as well.

