



SunWise Program

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UV Index

UV Index	UV Index Scale	How UV Index is Calculated	UV Alert	Health Effects of Overexposure	UV Index Resources
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[Four-day forecast map](#) | [Lookup your index](#) | [Related links](#)

The ozone layer shields the Earth from harmful UV radiation. Ozone depletion, as well as seasonal and weather variations, can increase the amount of UV radiation that reaches the Earth at any given time. Developed by the National Weather Service (NWS) and the National Oceanic and Atmospheric Administration (NOAA), the UV Index is a scale that predicts the next day's ultraviolet radiation levels on a 1-11+ scale, helping people determine appropriate sun-protective behavior. [Alert](#) when the level of solar UV radiation is predicted to be unusually high, and consequently the risk of overexposure is increased.

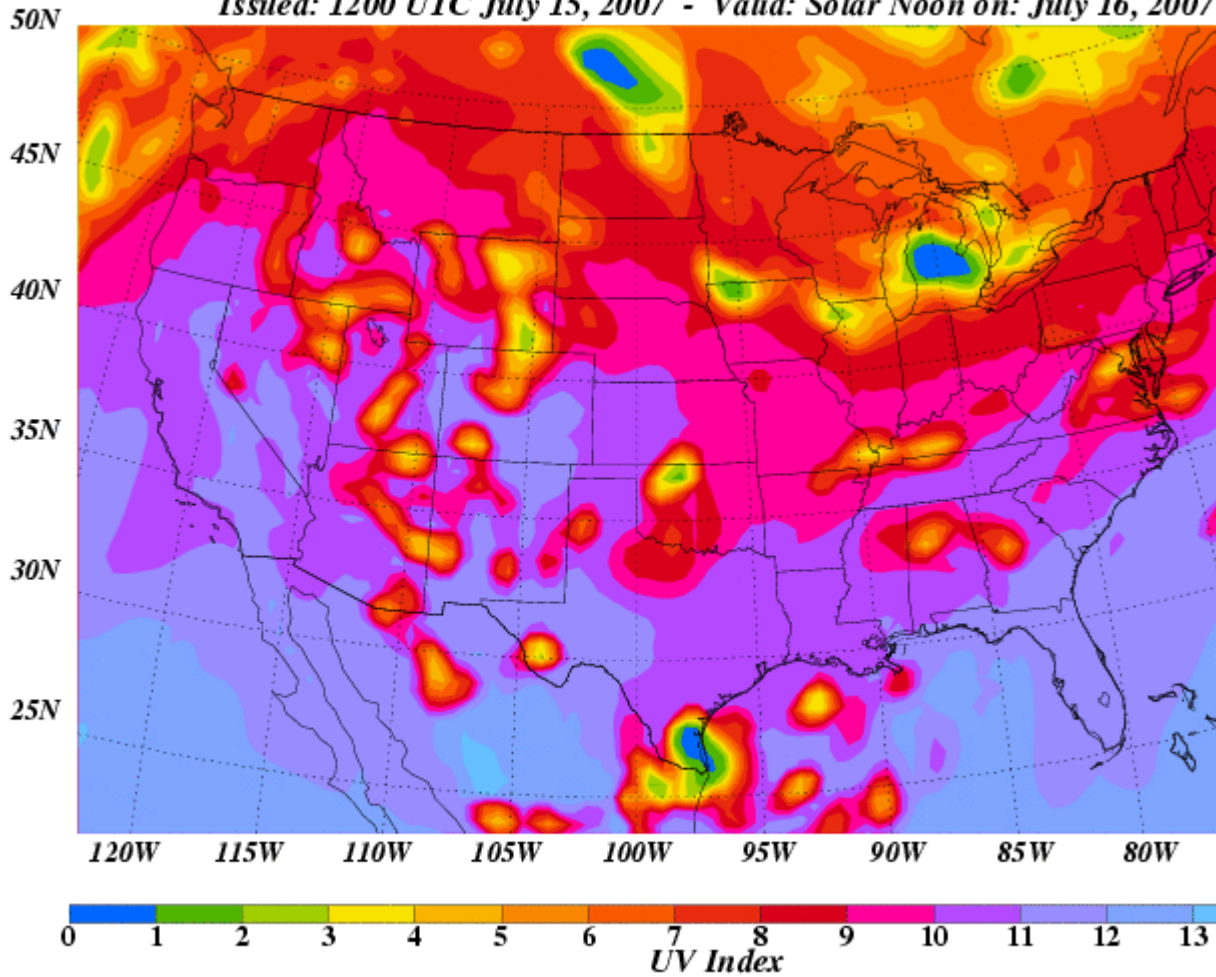
UV Index Forecast Map

The forecast map shows contour lines of predicted UV Index values during the [solar noon](#) hour. The map is created using the National Weather Service forecast data. **Click the buttons for Day 2, Day 3, or Day 4 to see the UV Index forecast for following days.** Delay as each map loads. (To find the time of solar noon at your location, use the [sunrise-sunset-solar noon calculator](#).)

DAY 1	DAY 2	DAY 3	DAY 4
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UV INDEX FORECAST

Issued: 1200 UTC July 15, 2007 - Valid: Solar Noon on: July 16, 2007



Find Today's UV Index For Your City/Town

The UV Index is [calculated](#) daily. Enter your ZIP Code or city and state below for today's UV Index in your area. (No Hawaii.) If a [UV Alert](#) is in effect for your area, that information is included with the UV Index.

ZIP Code:

OR

City Name:

And

State:



Your Environmental News Flash

[Sign up to receive UV Alerts by e-mail.](#)

[More Information](#)

<http://www.epa.gov/sunwise/uvindex.html>

You can also look up UV Index using the following resources.

- [UV Alert Map](#) EXIT Disclaimer - Areas in the U.S. where predicted UV intensity will be well above normal, and careful to avoid over-exposure.
- [Cities Map](#) - Forecast UV Index values for 58 U.S. cities, shown on a map.
- [Text Bulletin](#) EXIT Disclaimer - A plain text listing of forecast UV Index values for 58 U.S. cities.

Related Information

To report UV measurements for your school, please see the SunWise [data entry](#) page.

The following UV Index archives and other information are available from National Weather Service:

- [Past text bulletins](#) EXIT Disclaimer
- [Graphs of yearly values for each city](#) EXIT Disclaimer
- [Information about UV radiation and how it varies](#) EXIT Disclaimer
- [General UV Index information](#) EXIT Disclaimer

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Last updated on Friday, June 1st, 2007
URL: <http://www.epa.gov/sunwise/uvindex.html>

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