



U.S. Environmental Protection Agency

EnviroFlash: UV Index Forecast and Alert Notification E-mails

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EnviroFlash UV Index provides free UV Index information in the location of your choice. This service provides notifications about UV Alert days as well as next day UV Index forecasts. Please use the form below to subscribe to this service.

UV Alerts and UV Index forecasts subscription

All subscribers will receive notification of UV Alerts

Email Address:

Please choose when you would like to receive emails. For example, when you select "MODERATE (3) or above" you will receive emails when the UV Index is predicted to be three or higher, and on days when there is a UV Alert.

Receive UV Alerts only:

Exposure Category	Index Number	Email Delivery Options	Sun Protection Messages
<input checked="" type="radio"/> Low	<2	Receive the UV Index forecast daily, regardless of intensity	You can safely enjoy being outside. Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 15+ . In winter, reflection off snow can nearly double UV strength.
<input type="radio"/> Moderate	3-5	Receive the UV Index forecast when it is predicted to be MODERATE (3) or above	Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen SPF 15+ . Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours. Protection against sun damage is needed.
<input type="radio"/> High	6-7	Receive the UV Index forecast when it is predicted to be HIGH (6) or above	Wear a wide-brimmed hat and sunglasses, use sunscreen SPF 15+ , and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
<input type="radio"/> Very High	8-10	Receive the UV Index forecast when it is predicted to be VERY HIGH (8) or above	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and other bright surfaces reflect UV and can double UV exposure.
<input type="radio"/> Extreme	11+	Receive the UV Index forecast when it is predicted to be EXTREME (11+)	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, hat and sunscreen are a must, and be sure you seek shade. Beachgoers should know that white sand and

other bright surfaces reflect UV and can double UV exposure.

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Regardless of the UV Index, the following sun safety measures are always encouraged:

- **Do Not Burn.**
- **Avoid Sun Tanning and Tanning Beds.**
- **Generously Apply Sunscreen** to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
- **Wear Protective Clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- **Seek Shade** when appropriate, remembering that the sun's UV rays are strongest between 10 a.m. and 4 p.m.
- **Use Extra Caution Near Water, Snow and Sand** as they reflect the damaging rays of the sun which can increase your chance of sunburn.
- **Watch for the UV Index.**
- **Get Vitamin D Safely** through a diet that includes vitamin supplements. Don't seek the sun.

Early detection of melanoma can save your life. Carefully examine ALL of your skin once a month. A new or changing mole in an adult should be evaluated by a dermatologist.

More information on UV Alerts and the UV Index is available on [EPA's SunWise Site](#).

For questions or assistance with subscribing to EnviroFlash, please call the CDX Help Desk at (888) 890-1995.

Thank you for your interest in EnviroFlash!

You are in an encrypted secure session.

Help Desk: (888) 890-1995
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