



U.S. ENVIRONMENTAL PROTECTION AGENCY

# SunWise Program

[Contact Us](#) | [Print Version](#) Search:  [GO](#)

[EPA Home](#) > [Air](#) > [SunWise](#) > UV Index

- SunWise Home
- Basic Information
- Newsroom
- Awards
- Schools
- Kids
- Communities
- UV Index
- Action Steps
- Recognition Program
- Publications
- Related Links
- Frequent Questions
- Glossary
- Site Map
- En Español

- [UV Index](#)
- [UV Index Scale](#)
- [How UV Index is Calculated](#)
- [UV Alert](#)
- [Health Effects of Overexposure](#)
- [UV Index Resources](#)

## UV Index

[Four-day forecast map](#) | [Lookup your index](#) | [Related links](#)



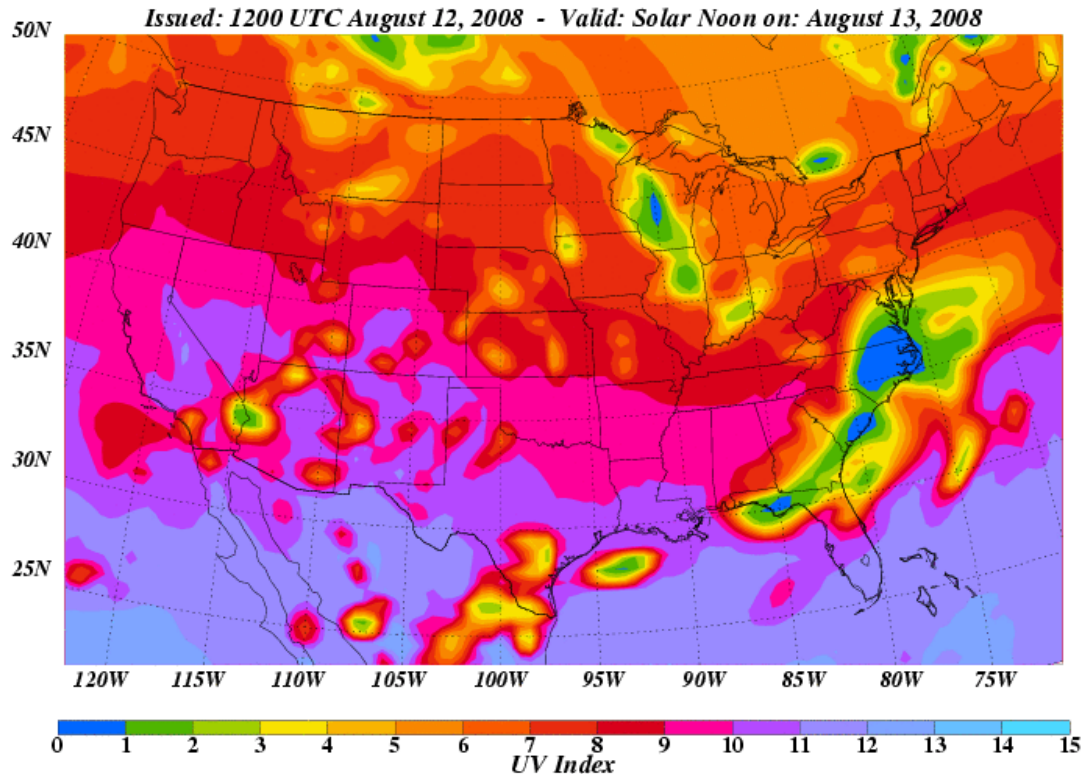
The ozone layer shields the Earth from harmful UV radiation. Ozone depletion, as well as seasonal and weather variations, cause different amounts of UV radiation to reach the Earth at any given time. Developed by the National Weather Service (NWS) and EPA, the UV Index predicts the next day's ultraviolet radiation levels on a 1-11+ scale, helping people determine appropriate sun-protective behaviors. EPA will issue a [UV Alert](#) when the level of solar UV radiation is predicted to be unusually high, and consequently the risk of overexposure is greater.

### UV Index Forecast Map

The forecast map shows contour lines of predicted UV Index values during the [solar noon](#) hour. The map is created daily from 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.** You may notice a brief delay as each map loads. (To find the time of solar noon at your location, use the [sunrise-sunset-solar noon calculator](#) at the NOAA Web site.)

- [DAY 1](#)
- [DAY 2](#)
- [DAY 3](#)
- [DAY 4](#)

## UV INDEX FORECAST



### 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. 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:



Tip: If your ZIP Code is not found, try searching for your city and state. Some ZIP Codes may not be in our database.

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 you will need to be especially 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

[Top of page](#)

---

[EPA Home](#) | [Privacy and Security Notice](#) | [Contact Us](#)

Last updated on Thursday, June 12th, 2008  
URL: <http://www.epa.gov/sunwise/uvindex.html>