



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## The Science Behind the Sun

**UV rays** are an invisible kind of radiation that comes from the Sun, tanning beds and sun lamps. **UV rays** are **harmful** to your body because they can cause damage to your skin, and even your eyes, if proper protection is not used.

The Earth is wrapped in a blanket of air called the **atmosphere**, which is made up of several layers. The **ozone layer** is important because it stops some, but not all, of the sun's UV rays getting through to the Earth. Too much UV ray exposure can damage your skin and cause a **sunburn**. Over time, sun exposure without protection can also lead to early **skin aging**, eye problems, and **skin cancer**.



**Weather cool and rainy?** The sun's UV rays can pass through clouds, and that's what can cause damage to skin, not the temperature.

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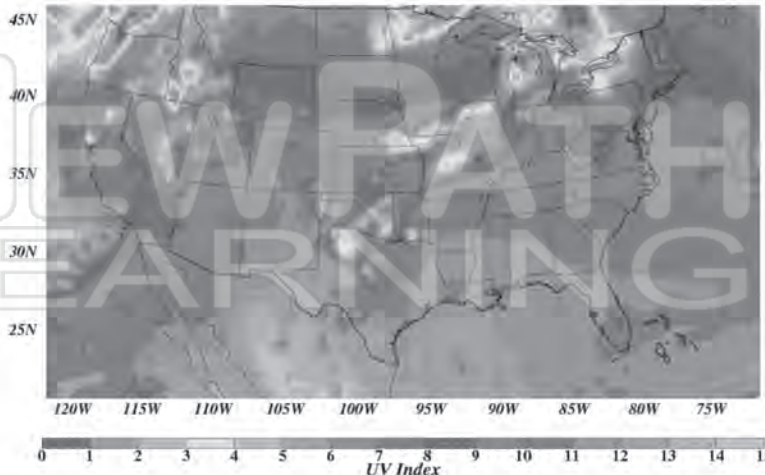
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## PREVIEW

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The National Weather Service calculates the **UV Index forecast** for most ZIP codes across the U.S. The UV Index is accompanied by recommendations for sun protection.

Check the UV index in your area by entering your ZIP Code or the name of your city and state at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1).





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## The Science Behind the Sun

What are **UV rays**? \_\_\_\_\_

What is the **ozone layer**? \_\_\_\_\_

The sun's rays are strongest:



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[www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)