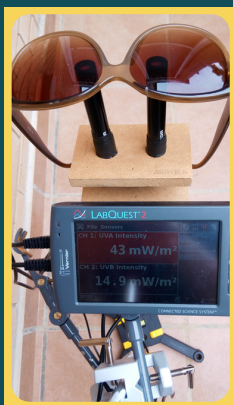


WHAT DOES RESEARCH GROUP AIRE DO TO RAISE AWARENESS?

OUTREACH ACTIVITIES

- We organize outreach activities about solar ultraviolet radiation for schools and the general public.



MEASUREMENT NETWORK

- Erythemal ultraviolet solar radiation
- Total solar radiation



We can calculate the ultraviolet level with the measurements provided by this network. With this, we can warn the population about the most harmful periods.

CONTACT

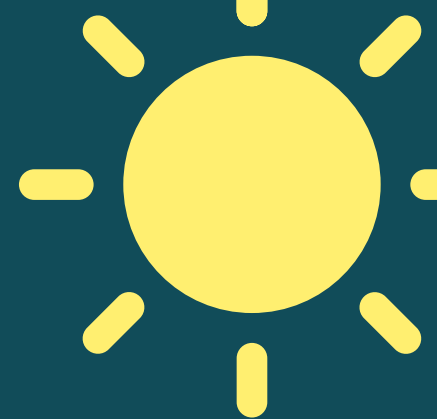
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LEARN ABOUT IT!

SOLAR ULTRAVIOLET RADIATION

PROTECT YOURSELF!



Proyecto IB 18092: Red de medida de la radiación solar total y eritemática en Extremadura

Fondo Europeo de Desarrollo Regional
UNA MANERA DE HACER EUROPA

WHAT IS ULTRAVIOLET RADIATION?

The Sun emits radiation which then reaches Earth.



Most of the radiation that arrives at Earth's surface is **visible**. This radiation allows us to see.

But... This is not the only solar radiation that we are exposed to. We also receive invisible radiation, such as **ULTRAVIOLET RADIATION**.



More energetic than the visible radiation.



More energetic than UV-A. Filtered in the most part by the ozone layer.



Even more energetic. But... **the upper layers of the atmosphere filter it out completely.**

Ultraviolet radiation is not visible but **very energetic**. Because of this, it **can be harmful**.

HARMFUL EFFECTS OF UV RADIATION

A minimum dose of solar radiation is necessary and beneficial. This minimum dose is more than assured in latitudes such as Spain.



However, over exposure to ultraviolet radiation is **really harmful for our health!**

HARMFUL EFFECTS

- Premature skin aging.
- Skin spots and skin cancer.
- Cataracts and other vision-related illnesses: photokeratitis, macular degeneration...
- Weakened immune system.



The effects are cumulative!

HOW CAN WE PROTECT OURSELVES?

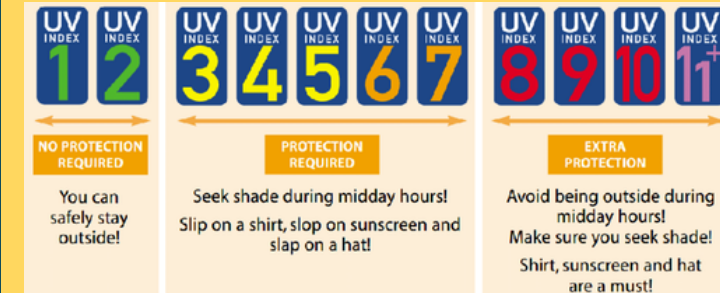
PROTECTION MEASURES:

We all know them and they prevent serious problems!



UVI :

The ultraviolet index (UVI) measures the effect of UV radiation on our skin.



You can check if a day is specially dangerous in our UVI web page:



UVI UEx

<http://aire.unex.es/uvi/>