



Look cool & protect your eyes

Sunglasses are a great fashion item, but their most important job is to protect your eyes from the sun's ultraviolet rays.



Prolonged exposure to the sun can damage the surface tissues, cornea, and lens of the eye. It has also been linked to cataract, macular degeneration, and temporary vision loss.

WEAR A HAT along with your sunglasses. Hats with a wide brim are best.

WEAR SUNGLASSES THAT PROTECT YOUR EYES FROM BOTH UVA AND UVB RAYS.

- When you purchase sunglasses, look for either UV400 or 99-100% protection from UVA and UVB rays. Frames with a close-fitting wraparound style give the best protection.
- Wear sunglasses even if you wear UV-blocking contact lenses. Contacts do not cover enough eye area.
- Wear sunglasses on cloudy days, too. The sun's rays can pass through haze and clouds.

PROTECT CHILDREN'S EYES

- Keep children out of direct sunlight during the middle of the day.
- Have them wear sunglasses and hats whenever they are in the sun.

BE EXTRA CAREFUL IN UV-INTENSE CONDITIONS:

- Mid-day to early afternoon, when sunlight is strongest
- At higher altitudes
- Places where the sun is reflected off of water, ice, or snow