

Live Healthy. Live Green.

# See the light in healthy ways

- Compact fluorescent light bulbs (CFLs) uses 75% less energy and last 10 times longer than incandescent bulbs, but contain tiny amounts of mercury. Recycle them according to your state's guidelines. To safely dispose of a broken CFL, follow EPA guidelines from [epa.gov/hg](http://epa.gov/hg).
- Wear eyewear that protects your eyes from ultraviolet (UV) light when it is sunny and even on cloudy days. Choose sunglasses that block 99 to 100% of both UVA and UVB rays.
- Wear a wide-brimmed hat during outdoor activities.
- Open blinds and curtains to let daylight fill rooms during the day.
- Install a skylight or solar panels for light and warmth and to save on cooling, heating, and lighting costs.
- Turn off lights when not in use. Install motion sensors, timers, and task lighting to save on light usage. One to two hours before bedtime, dim the lights.
- Wear protective eyewear during sporting events. Before mowing the lawn, look for and remove debris.

