

Tips to protect your eyes

Look cool and protect your eyes at the same time!

- Anytime your eyes are exposed to ultraviolet (UV) light, wear eyewear that protects your eyes. Do this when it is sunny and even on cloudy days. Choose sunglasses that block 99 to 100% of both UVA and UVB rays.
- Pick the color lenses you want, but make sure they have UV protection.
- Take sunglasses you already have to your eye doctor or to an optical shop. A UV meter can measure the amount of UV a lens can absorb.
- The sun's UV rays are the most harmful between 11 a.m. and 3 p.m.
- Reflected glare from snow or ice doubles the risk of UV damage.
- If you wear contact lenses, choose ones with UV protection and wear sunglasses that have it, too. These protect eye tissue that the contact lenses do not cover.

