

DID YOU KNOW?

Just as the sun's rays can burn your skin, they can also harm unprotected eyes. Sunscreen protects our skin from the sun, and sunglasses help us protect our eyes.

You need sunglasses even when it's cloudy. Sunglasses are a daily health necessity to protect the eyes from long- and short-term damage from the sun's UV rays.

The darkness of sunglass lenses **does NOT equate** to higher UV protection. Always check the label to make sure your lenses provide UVA/UVB protection.

The sun emits three kinds of ultraviolet radiation: UVA, UVB and UVC. While UVC is absorbed by the Earth's atmosphere, **UVA and UVB radiation can burn the skin and eyes and cause damage to vision health.** Wear sunglasses to protect your eyes from harmful UV rays.

Children should wear sunglasses too! Children generally receive about **THREE TIMES** the annual adult dose of UV and should wear sunglasses to protect their eyes when spending time outdoors.