Puzzle Time

There are **15 pairs of sunglasses** hiding in the scene below. Can you find them all?

After you find all the sunglasses in the puzzle, make a promise with a grown-up — wear your shades every time you head outside!

About The Vision Council Foundation

The Vision Council Foundation works to support the optical industry workforce and educate people about the importance of eye health.

We strive to empower patients and consumers via public interest campaigns supported by critical market research, and to grow the optical industry through career path programming and scholarships.

Visit **thevisioncouncilfoundation.org** to learn more about UV safety, keeping your eyes healthy, and the best eyewear options to fit your lifestyle.

THE VISION COUNCIL FOUNDATION

Scan the QR code for more information and resources to help you see and look your best!

UV Rays Don't Take a Day Off — Neither Should Your Sunglasses

Sunglasses aren't just a style choice – they're one of the easiest things you can do to protect your eyes for life. Just like sunscreen shields your skin, UV-blocking sunglasses protect your eyes from damage that quietly builds up over time.

Short-term, UV exposure can cause bloodshot eyes, light sensitivity, or photokeratitis (essentially a sunburn on your eye). Long-term, it can be linked to cataracts, macular degeneration, and other serious vision conditions.

Kids need protection too.

Children spend more time outdoors than adults, and their eyes are less equipped to filter UV rays, making sunglasses just as essential as sunscreen. Start the habit of daily UV protection early.

Ask your eyecare provider about the best sunglasses options for you and your family.

DID YOU KNOW?

100 seconds is all it takes. Just 100 seconds of direct sun exposure can permanently damage your retina.*

Clouds don't protect you.
UV rays can pass through overcast skies. Make sunglasses a daily habit, rain or shine, year-round.

Darker lenses ≠ more protection. Lens tint has nothing to do with UV blocking. Always check the label and look for lenses that offer full UVA and UVB protection.

Know your rays. The sun emits UVA and UVB radiation — both can harm your eyes and skin. (UVC is absorbed by the atmosphere before it reaches us.) Quality sunglasses block both UVA and UVB.

Treat them like sunscreen.
Wear sunglasses every day, the same way you reach for SPF. This habit protects you now and for decades to come.

*Source: National Institutes of Health

Pick Your Perfect Pair

The best sunglasses are the ones you actually wear. Here's how to find a pair that fits your life and protects your eyes.

1. ALWAYS Check for UVA and UVB Protection

Any pair you choose should block both UVA and UVB rays. Look for a label that says "100% UV protection" or "UV400." No label? Put them back.

2. Choose Your Lens

Different lenses are built for different needs and lifestyles:

- **Anti-Reflective:** Reduces distracting glare and improves clarity and comfort. Great for driving or in bright, varied lighting.
- **Polarized:** Filters reflect glare from water, pavement, and other shiny surfaces. Ideal for driving, water sports, and preventing squinting.
- **Photochromic:** Light-adaptive lenses that darken outdoors. A great option for people who want one pair that does it all.
- **Impact Resistant:** Made from shatterproof polycarbonate. The go-to for kids, athletes, and anyone in high-impact situations. Look for ASTM-certified eyewear.
- **Scratch Resistant:** Extra-durable lenses built to handle the elements and everyday wear and tear. Worth the upgrade if you're hard on glasses.

3. Find Your Frame

The right frame should feel comfortable and stay in place.

- **Oversized frames** offer stylish, wide coverage, with more of your face and eyes protected from scattered UV light.
- **Non-slip features** like rubber nose pieces and temple grips keep sunglasses secure during sports, outdoor workouts, or humid weather.
- **Adjustable fit** options like flexible temples and adjustable nose pads make it easier to find a pair that's comfortable for all-day wear.

Not sure where to start?

Your eyecare provider can help you find a pair that fits your prescription, lifestyle, and budget.