



Here's a tip to keep your eyes healthy.

WEAR SUNGLASSES

Wear sunglasses outside to protect your eyes from the sun's ultraviolet rays. Choose sunglasses that block out 99 to 100% of both UVA and UVB radiation to keep your eyes healthy. A wide-brimmed hat offers great protection, too!

Visit nei.nih.gov/hvm/healthy_eyes_glasses to learn more.