

Preserve Your Vision with UV Protection



The sun produces ultraviolet (UV) rays which can be damaging to your eyes and vision. There are two types of UV rays, UVA and UVB. Long-term exposure can result in eye problems that may lead to vision loss from conditions like cataracts or macular degeneration. Other dangers include skin cancer or corneal sunburn. **Here are some ways to protect your eyes from the sun to maintain healthy vision and eye health.**



Make Sure Your Eyewear Absorbs UV Rays

Prescription, non-prescription glasses, and contact lenses should absorb UVA and UVB rays. For protection in everyday eyewear, there are several options like UV-blocking lens materials and coatings.



Select the Right Sunglasses

Protect your eyes, even on cloudy days by wearing sunglasses. They can help filter light and protect your eyes from damaging rays. Look for sunglasses that block 99 to 100% of ultraviolet rays. Also, make sure they fit comfortably, don't distort color, and reduce glare.



Wear a Hat

A brimmed hat or cap can block about half of UV rays and limit the rays that hit you around or above your glasses.