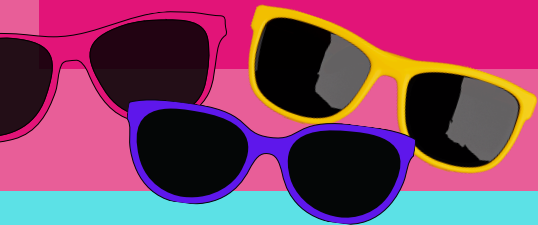


# PROTECT YOUR SIGHT WITH UV SUNGLASSES!



*Sunglasses are every bit as important as sunscreen. Make sure you and your family wear them, even on cloudy days!*

Ultraviolet (UV) sunglasses are important because they protect your eyes from the sun's UVA and UVB radiation, which can cause serious damage. UV rays can harm the cornea, lens, eyelid, and retina of your eyes, and can lead to a number of eye diseases and skin conditions, including:

- Cataracts
- Eyelid tumors
- Intraocular tumors
- Skin cancer
- Age-related macular degeneration
- Burns and injuries



## How To Tell If A Pair Of Sunglasses Have UV Protection

- **Check the label:** Reputable brands usually include a sticker or tag on the sunglasses that lists the UV protection. Look for a label that says "100% protection against UVA and UVB rays" or "UV 400". Sunglasses with UV 400 protection block almost 100% of the sun's harmful ultraviolet light rays.
- **Take them to an optical shop:** An optician can use a photometer to test your sunglasses for free.
- **Use a UV flashlight:** You can try a simple test at home with a UV flashlight.

For more information on protecting your eyes with UV sunglasses, visit:  
[www.columbiadoctors.org/news/sunglasses-and-your-eyes](http://www.columbiadoctors.org/news/sunglasses-and-your-eyes)



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