



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

Donald E. Williamson, MD  
State Health Officer

**EYE SUN PROTECTION 30-SEC PSA**  
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We all know how important it is to protect our skin from the sun's harmful rays, but did you know that it's just as important to protect your eyes?

This is State Health Officer, Doctor Don Williamson. Just like the sun can burn your skin, your eyes can also be badly damaged by UV rays

When you're outside, be sure to wear a wide-brimmed hat and sunglasses that block 99 to 100 percent of UV rays to keep your eyes protected!

**For more information, contact: Ryan Easterling**  
**[Ryan.Easterling@adph.state.al.us](mailto:Ryan.Easterling@adph.state.al.us) / (334) 206-3878**