



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

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State Health Officer

**EYE SUN PROTECTION 60-SEC PSA**  
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This is State Health Officer, Doctor Don Williamson. Did you know your skin isn't the only part of your body in danger of being burned by the sun's harmful Ultraviolet rays? Your eyes can be badly damaged as well if they're not properly protected.

According to the American Optometric Association several eye problems have been linked to overexposure to the sun's UV rays – including blurred vision, cataracts, retina damage and macular degeneration.

Protecting your eyes can be easy and fairly inexpensive. For starters, wear a wide-brimmed hat and sunglasses that block 99 to 100 percent of both UV-A and UV-B rays any time you are going to be outdoors. Make sure the lenses are perfectly matched in color and free of scratches or distortion. Just like your skin, your eyes can be burned by the sun even when it's cloudy and cold outside.

There's a lot to see while you're having fun in the sun – so do it the safe way. Protect yourself and your eyes. To learn more, visit our website at [ADPH-dot-org](http://ADPH-dot-org).

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