

# HERE COMES THE SUN

When it comes to the long-term vision risks of exposure to ultraviolet (UV) rays, Americans are not well-informed. To help optometrists better inform patients, the AOA created the SUN Initiative in partnership with the Opticians Association of America and with support from Luxottica and The Vision Council. Prepare patients for fun in the sun—and the dangers of overexposure—with these UV stats.

UV RAYS ARE STRONGEST BETWEEN

10 A.M.  
AND  
4 P.M.



YOUR EYES AND OCULAR SURFACES ARE MOST AT RISK FROM

8 A.M.-  
10 A.M.

AND FROM

2 P.M.-  
4 P.M.,

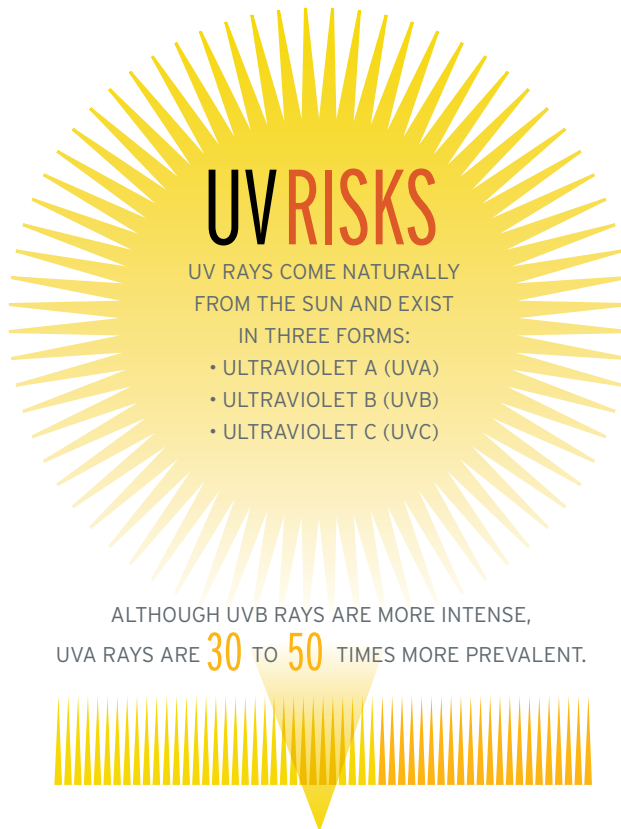
WHEN THE SUN IS RELATIVELY LOW IN THE SKY.



UV RADIATION LEVEL INCREASES BY ABOUT

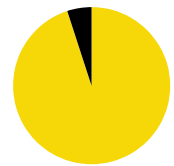
**4%**

FOR EVERY 1,000-FT. RISE IN ELEVATION.



UVA RAYS ACCOUNT FOR UP TO

**95%**  
OF UV RADIATION.



SNOW-COVERED SURFACES REFLECT AS MUCH AS

**8%**

OF UV RAYS, WHICH ADDS TO THE EXPOSURE.

## THE AOA RECOMMENDS

LENSES THAT BLOCK OUT

**99 TO 100%**

OF BOTH UVA AND UVB RAYS.



LENSES THAT SCREEN OUT

**75 TO 90%**

OF VISIBLE LIGHT.

**BUYING SUNGLASSES FOR CHILDREN, TOO.**

CHILDREN RECEIVE UP TO **3 TIMES**

THE ANNUAL SUN EXPOSURE OF ADULTS, YET FEW EVER WEAR SUNGLASSES.

