**Sample Social Media Posts for UV Safety Month**

**#1 SOCIAL MEDIA TIP: Don’t recreate the wheel**

We know how busy you are! So, save yourself time and effort on social media by following the EyeSmart [Facebook](https://www.facebook.com/AcademyEyeSmart/) and [Twitter](https://twitter.com/AcademyEyeSmart) channels.

This will allow you to more easily share and re-tweet information posted there, so you don’t need to spend additional time developing and posting your own messages. This will also allow you take advantages of new social media posts that the Academy may develop during the observance month that are not listed below.

If you would prefer to develop your own messages, here are sample posts that you can use:

**Sample Facebook Posts**

Tips for choosing the best sunglasses to protect your eyes from sun damage: <http://bit.ly/1ZX0y7b> #UVSafetyMonth

Prolonged sun exposure is linked to eye cancer. Learn about protecting your eyes from UV rays: <http://bit.ly/1P8mrc6> #UVSafetyMonth

Buying new sunglasses? Be sure to check the tag or sticker that says 100% UV protection. Learn more about sun safety: <http://bit.ly/200AvuC> #UVSafetyMonth

**Sample Twitter Posts**

Check the UV label. Tips for picking the best #sunglasses with UV protection: <http://bit.ly/1ZX0y7b> @AcademyEyeSmart #UVSafetyMonth

Sun exposure is linked to eye cancer. Learn about protecting your eyes from UV rays: <http://bit.ly/1P8mrc6> @AcademyEyeSmart #UVSafetyMonth

Buying new #sunglasses? Check for the 100% UV protection sticker. Learn more about sun safety: <http://bit.ly/200AvuC> @AcademyEyeSmart #UVSafetyMonth