

# PROTECT YOUR EYES FROM THE SUN

*You won't notice the effects of ultraviolet radiation on your eyes until it's too late.*

## **Wear sunglasses on sunny and cloudy days.**

UV radiation penetrates clouds, even on an overcast day.

## **Wear sunglasses in summer and winter.**

While the need for sunglasses may be more obvious in the heat of summer, the sun's rays reflect off snow and water, increasing exposure and risk.

## **Ask your eye doctor about contact lenses that blocks UV radiation.**

These contact lenses offer extra protection for the inside of your eyes. You will still need sunglasses: contact lenses don't protect the whites of your eyes or the skin around your eyes.

## **Babies and children need sunglasses too.**

Children are particularly vulnerable to UV damage because light reaches the back of their eyes more easily. A sun hat also offers additional protection for eyes.

## **It's easy for an eye care professional to check the quality of your UV protection.**

Ask for this service, no matter where you purchase your sunglasses. The design and fit of your sunglasses can also affect the amount of protection they provide.



## Protect your eyes

### Sunglasses + Sun hat + Contact lenses

## **Some medications make you more sensitive to UV radiation.**

Make sure you read the package insert, and protect both skin and eyes accordingly.

## **Never look directly at the sun - even while wearing sunglasses.**

Doing so can severely harm the inside of your eyes, permanently affecting your vision.

<b>Photokeratitis or Photoconjunctivitis</b> Redness Tearing Light sensitivity Pain or discomfort	<b>Pinguecula</b> Discomfort Gritty sensation	<b>Pterygium</b> Discomfort Gritty sensation Visual disturbance May require surgery	<b>Cataract</b> Visual disturbance Requires surgery	<b>Macular Degeneration</b> Damage to the back of the eye (retina), leading to significant visual impairment (blindness)
<b>Develop over hours</b>	<b>Develop over years</b> These conditions can also be hereditary. Other risk factors include age, general health, medication and diet.			