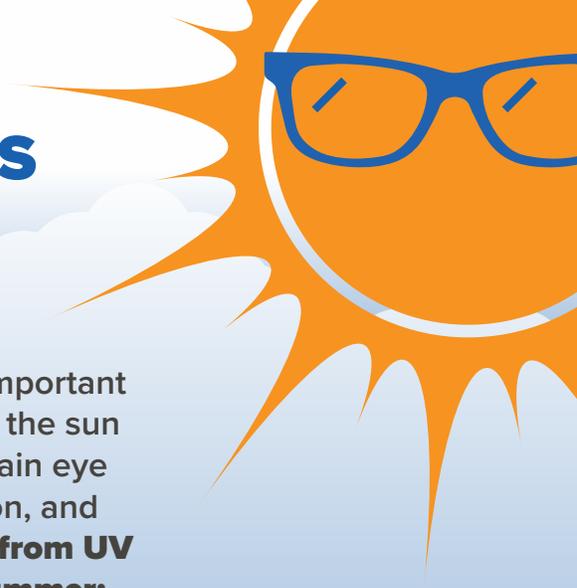


4 TIPS TO PROTECT YOUR EYES FROM THE SUMMER SUN



While we are enjoying summertime in the sunshine, it is very important to keep vision safety in mind. Exposure to ultraviolet light from the sun or other sources can increase your chances of developing certain eye conditions, such as cataracts, age-related macular degeneration, and skin cancer. **Here are some tips on how to protect your eyes from UV rays and how to maintain daily eye protection habits this summer:**

SUNGLASSES

Invest in sunglasses that block 100% of UV-A and UV-B rays, and screens out 75% of visible light. If you wear eyeglasses, you have several options including prescription sunglasses, contacts, and wearing UV-block sunglasses, or prescription transition lens frame.



SEEK SHADE

Being in the sun is healthy for us to soak up Vitamin D, but only in moderation. The sun is strongest between 10am and 4pm during summer. If you plan on being outside for a long time, seek shade regularly to give your eyes and body a break from sun ray exposure.



WEAR HATS

Sunglasses offer great eye protection, but they do not cover 100%. Wear a wide-brimmed hat or a baseball cap in addition to sunglasses to increase your eye protection from the sun. Ideally, choose a sun hat that's made of high UPF sun protective fabrics.



ANNUAL EYE EXAM

If you have corrective lenses, keep up with your yearly eye exam. If you do not wear or need corrective lenses, it is still important to schedule eye exams to prevent and catch any potential eye problems.



Following these summer safety tips on protecting your eyes will decrease your chances of developing life-threatening eye diseases. Check out our [Anatomy of the Eye Infographic](#) to learn more about vision health!



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