

# Winter Eye Health Guide



Winter can be harsh temperatures depending on where you live. We all know to wear sunglasses in the summer, but we tend to overlook eye health in winter.



## Wear Sunglasses

Snow and ice can be reflective off the sun's rays so there are more chances of UV effecting your eye sight. To prevent problems, wear UV protected sunglasses when on sunny winter days- especially when driving.

## Prevent Dry Eyes

Winter temperatures mean less humidity. This can cause drying out our eyes. Ways to prevent dry eyes include: using a humidifier, blinking frequently, staying hydrated, and avoiding extreme heat sources. In extreme dry eye conditions, use artificial tear solution.



## Treat Winter Eye Allergies

Eye allergies do not only occur in the warm months. Be sure to treat eye allergies during the winter to avoid further problems. Eye allergies can be treated with over-the-counter eye drops or with medication given by your eye doctor professional.



## Wash Your Hands

The winter time brings a higher chance of getting sick from transmission of bacteria and viruses. Wash your hands often and prevent rubbing your eyes to avoid contamination.



## See an Eye Doctor

If problems persist or worsen, **visit an eye doctor professional** for a diagnosis. Even if you are not experiencing eye problems, winter break is a great time to schedule your routine eye exam.

