5 SUMMER EYE SAFETY TIPS

#1 WEAR SUNGLASSES

Make sure you wear sunglasses with UV protection when outdoors.

Especially during peak sunlight hours (10am - 2pm).

Even if it is cloudy out!

#2 WEAR HATS

Hats are important because they protect your eyes from UV rays where sunglasses can't.

UV rays can come from many directions. Wearing a brimmed hat or cap can limit UV rays that hit the eyes.

#3 WEAR GOGGLES

Wearing sports goggles can protect you from eye injuries.

You should also wear goggles in the pool because there are chemicals in the pools that can irritate your eyes.

#4 DON'T RUB YOUR EYES

If sand, dirt, or chemical irritants get in your eye, don't rub your eyes! Rubbing them can scratch your cornea!

Instead, flush your eyes out with clean water.

#5 STAY HEALTHY

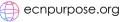Keeping your body healthy ensures healthy eyes.

Be sure to eat healthy foods, drink lots of water, and get enough sleep!

FOLLOW US FOR MORE EYE HEALTH TIPS

@ecnpurpose

@ecnpurpose

ecnpurpose.org

ecn purpose