

UV AWARENESS

Month



Presented By

ecv  *purpose*

TIPS TO PROTECT *Your Eyes* WHILE BEING OUTDOORS

Summer is approaching and many of us will be spending time in the sun. Did you know that the sun releases energy (radiation) in many forms? The sunlight we see is one form and the heat we feel from the sun is another. Ultraviolet (UV) rays, a third type of energy, is invisible to the eye and can cause sunburn. Over time, the effects of UV rays may damage your eyes and hurt your vision.

Here are some tips to keep in mind to protect your eyes while being outdoors.

You can protect your eyes from UV rays by wearing proper eye protection. All types of eyewear, including prescription and non-prescription glasses, contact lenses and lens implants, that absorb UV rays gives you the most protection. For UV protection in everyday eyewear, there are several options like UV-blocking lens materials, coatings, and photochromic lenses.

UV rays can come from many directions. They radiate directly from the sun, but they are also reflected from the ground, from water, snow, sand and other bright surfaces. Wearing a brimmed hat or cap can limit UV rays that hit the eyes from above or around your sunglasses.

(Source: preventblindness.org)

WHAT EYE PROBLEMS CAN UV RAYS CAUSE?



Extended exposure to ultraviolet (UV) rays can burn delicate eye tissue and increase the risk of damaging your eyes and hurt your vision.

What eye problems can UV rays cause?

- ☀️ macular degeneration: the leading cause of vision loss in older Americans
- ☀️ cataracts: a clouding of the eye's natural lens, causing difficulty focusing light
- ☀️ pterygium: a growth on the white of the eye and may involve the cornea; eventually may block vision
- ☀️ skin cancer: skin cancer around the eyelids is linked to prolonged UV exposure
- ☀️ corneal sunburn: can be painful and cause temporary vision loss

You can wear proper eye protection and a brimmed hat to help reduce exposure to harmful UV rays.

PROTECT YOUR PETS FROM THE SUN



Just like us, cats and dogs are susceptible to sun damage. Excess sun exposure can lead to sunburns for our furry companions, too.

Here are 3 ways to protect your pet from the sun.

- provide shade
- get a hat or a pet visor
- ☀️ limit sunbathing

Peak sunlight hours tend to be between 10am and 2pm, so consider designating that time to playing indoors or resting in the shade.

Have fun and be safe when you're outdoors!



Eye Protection for Sports

»» tips on what to look in sports eyewear ««

TIPS ON WHAT TO LOOK IN SPORTS EYEWEAR

Protecting your eyes from the sun's harmful ultraviolet (UV) rays while playing outdoor sports is important no matter what season it is. A good pair of sports sunglasses will keep your eyes safe from impact and shield them from the weather, dust, and other debris.

Potential eye injuries can come from physical contact with other players or any sport in which balls, racquets, or when flying objects are present. These are great reasons to wear protective eyewear.

Here are some tips on what to look for in sports eyewear:

- ☺ Lenses - Lenses in sports eyewear are usually made of polycarbonate since it is an impact-resistant lens material. It also has built-in UV protection — a valuable feature for outdoor sports.
- ☺ Coating - All polycarbonate lenses for eyeglasses and sports eyewear include a scratch-resistant coating for added durability. Polarized lenses help reduce glare and haze, making them a good choice for water sports and activities such as golf and tennis.
- ☺ Shape - Many sport frames offer a wraparound style, which provide a wide field of vision and more protection from UV rays. This type of sports eyewear works well for biking, hang-gliding, and sailing. Additionally, most sport frames can accommodate both prescription and nonprescription lenses. Contact lens wearers especially benefit from the wraparound style, as it helps keep out wind and dust.
- ☺ Material - Sport frames are constructed of highly impact-resistant plastic or polycarbonate, and most come with rubber padding to cushion the frame where it comes in contact with the head or the nose area.

(Sources: allaboutvision.com and verywellfit.com)