



ULTRAVIOLET AWARENESS

KEEP THE FUN IN YOUR SUMMER & UV RAYS OUT OF YOUR EYES

UV rays are invisible, high-energy light beams that radiate from the sun all year-round. They pass through haze and thin clouds and reflect off bright surfaces such as water, snow, white sand and pavement. Artificial light sources, such as tanning beds and welding machines, also produce UV rays. These same UV rays that cause tanning, sunburn and skin cancer can also harm your eyes.

Short-term UV overexposure can cause immediate pain which subsides over a couple of days, but the damage caused by long-term exposure develops so slowly that it is not felt. Over the course of many years without eye protection, small amounts of UV light can aid in the development of cataracts and age-related macular degeneration (AMD), the leading cause of vision loss among older Americans. Long-term UV exposure may also contribute to the gradual development of skin cancer around the eyelids and abnormal growths on the eye's surface.

WHO IS MOST AT RISK?

Everyone under the sun is susceptible to UV radiation damage, although there are certain circumstances that can place eyes at a greater risk of damage such as:



Young eyes. Children's eyes are especially vulnerable, as their ocular lens is still developing and they are unable to effectively filter out UV rays.



Artificial light. UV radiation levels are much greater in a tanning booth than outdoors.



Being outdoors. Those who work or play in the sun for long periods need to take extra precautions.

HOW CAN I PROTECT MY EYES?

Whenever you are outdoors during the day, protect your eyes in the following ways:



Wear sunglasses or prescription eyeglasses with photochromic lenses (such as Transitions® Signature™) or select lenses that filter out 99% - 100% of both UV-A and UV-B rays.



Wear a wide-brimmed hat or cap, which will block about half of UV rays.



Eat a healthy diet. A diet rich in brightly colored fruits and vegetables helps reduce the risk of sun damage.