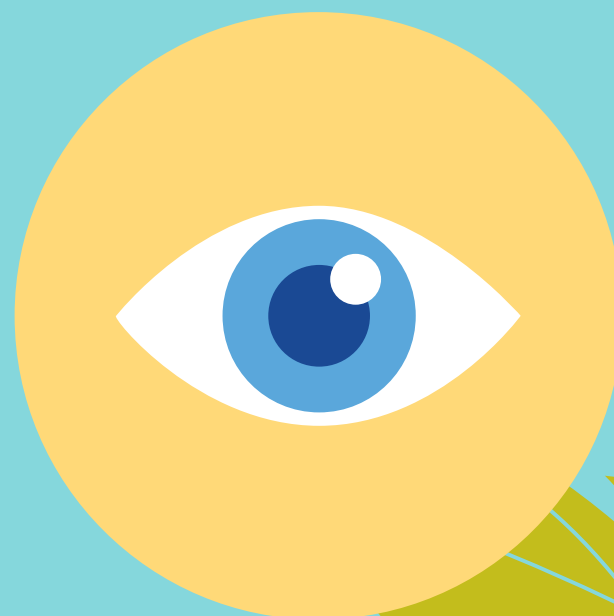


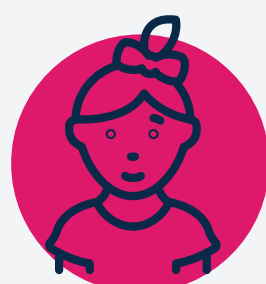
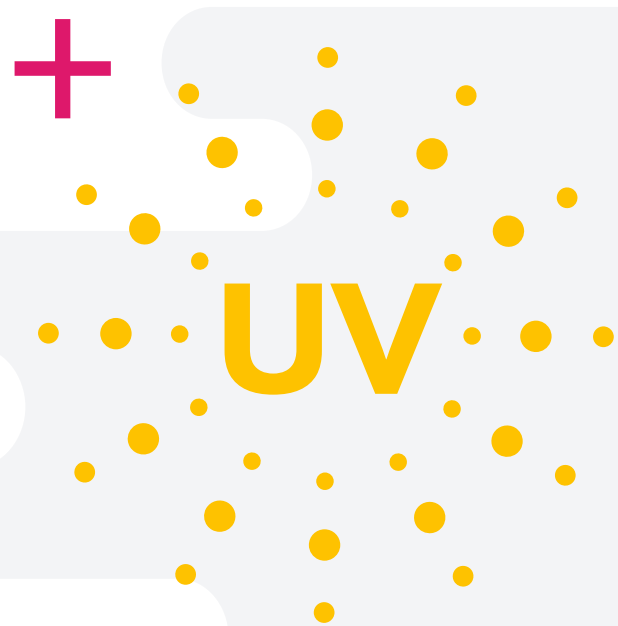


# SUMMER EYE HEALTH



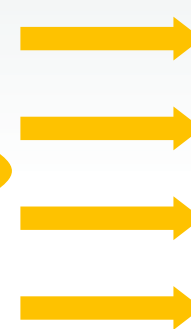
As the summer sun shines – will you be protecting your eyes?  
Bright sunshine is not only dazzling, it may also cause long term damage to your eyes.

## DID YOU KNOW?



Children's eyes are more susceptible to ultraviolet (UV) rays due to the larger pupils and clearer lenses in their eyes.

Exposure to UV light has been linked to certain eye conditions, including cataract and macular degeneration.



## Sunglasses



If you're spending more time outdoors in the sun, make sure you and your children have good quality sunglasses with UV protection. Look out for the British Standard (BS EN ISO 12312-1:2013), CE or UKCA mark.



Hats aren't just a fashion accessory, they are also a great way to protect your eyes from the glare of the sun! Add an extra layer of protection this summer by wearing a hat with a wide brim or a sun visor to keep your eyes comfortable.

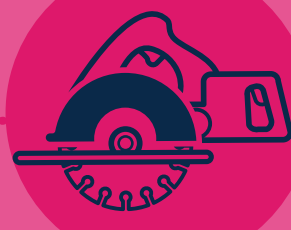
## Wear swimming goggles

Watertight goggles are a great way to protect your eyes while swimming. They can help shield your eyes from infection-causing microbes often found in pools. If you wear contact lenses, we recommend you take them out before swimming.



## Outdoor activities

Did you know that DIY activity in the home and garden is the cause of more than 20,000 eye injuries in the UK each year? If you're planning on making home improvements this summer, make sure your eyes are protected from flying objects and chemicals by wearing good quality safety goggles, with the CE or UKCA mark.



## Sand in your eyes...

Rubbing your eyes with small particles of sand can scratch your cornea, causing irritation and possible abrasion or infection. While your eyes will naturally attempt to remove the particles by blinking and watering heavily, we recommend you use sterile saline to help flush out the sand. If the irritation continues, contact your local optometrist.

## Get outside

Scientific studies have shown that children who spend more time outdoors are less likely to be short-sighted. Encourage your child to play outdoors while making sure their eyes are properly protected by following our top tips.



If you have any concerns about your vision, please contact your local optometrist.

[lookafteryoureyes.org](http://lookafteryoureyes.org)