

HEALTH DEPARTMENT

Keep an Eye on Ultraviolet (UV) Safety

With summer here, it is important to be mindful of ultraviolet (UV) rays especially for your eyes. Summertime means more time spent outdoors and more exposure to UV rays. Eye medical doctors (ophthalmologists) caution that too much exposure to UV light to increase risk of eye diseases including cataract, growths on the eye and cancer. Growths on the eye can show up in the teens or twenties especially anyone who spends long hours under the mid-day sun. Diseases like contract and eye cancers can take years to develop but each time you are without protection; you are adding damage that adds risk for these serious disorders. Follow these tips to protect your eyes from the sun:



- Wear UV blocking sunglasses labeled 100% UV protection.
- Wear a broad brimmed hat along with the sunglasses.
- Do not be fooled by clouds. The sun's rays can pass through haze and thin clouds.
- Never look directly at the sun.
- Do not forget the kids and older family members. It is best to keep children out of direct sunlight during the middle of the day.
- Be careful in UV-intense conditions. Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off water, ice, or snow.

For more information visit: <https://www.ao.org/eye-health/tips-prevention/sun>