

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

UV PROTECTION

tips for SUMMER SAFETY



UV (ultraviolet) rays are constantly emitted from the sun and not only cause damage to your skin, but eyes as well. **Wear wide-brimmed hats, caps, sunglasses with UV coating or Transitions® lenses** to provide protection for your eyes.



Know the different types of UV rays which can be harmful to your eyes. **UV-A rays** are more likely to cause long-term damage, increasing the chances of vision loss. **UV-B rays** can cause minor sunburns to your skin and surface of your eyes which is painful though not permanent. **The preventative measures listed above offer a safe and easy way to maintain your eye health in the sun.**



Stay aware of your environment. Although the sun is an obvious indicator that UV rays are present, **many of them still travel through clouds and fog.** UV rays even reflect off **bright surface such as snow, pavement, water, and white sand.** **Be mindful of sun protection year-round.**

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Sources: Prevent Blindness America, American Optometric Association, Vision Monday, U.S. News & World Report, The Canadian Press