

Ten Sun Safety Tips to Protect Your Vision

From the Experts at Lighthouse International



For more than a century, New Yorkers have trusted Lighthouse International, a leading non-profit organization dedicated to fighting vision loss. Our services help people prevent — and overcome the challenges of — vision impairment.

Our experts in vision care urge you to take eye safety seriously and to prevent damage from the sun that could be permanent. Here are some important tips to protect your vision:

- ◆ ALWAYS protect your eyes from the sun's invisible harmful rays. Prolonged exposure to the sun without protection can cause cataracts, macular degeneration and a number of other eye problems; including sunburn on the surface of the eye and skin cancer around the eyes.
- ◆ Select sunglasses that absorb 99-100% of UV-A and UV-B rays and provide 400 UV protection. 400 UV protection means the lenses block damaging UV-A and UV-B light rays with wavelengths up to 400 nanometers. Check the label to be sure!
- ◆ UV rays are strongest from 10 am—2 pm, so avoid exposure during this time of the day and wear sunglasses even in the shade!
- ◆ Don't be deceived by color or cost — the ability to block UV light is not dependent on the darkness of the lens or the price.
- ◆ Avoid blue tinted sunglasses. They may look cool, but blue tint actually emits ultraviolet light — which should be blocked out.

- ◆ Opt for wraparound frames or frames that fit closely to your face to prevent rays from entering your eyes from around or above your frames.
- ◆ Be extra careful on the beach and water because reflections from the sand and water intensify the sun's rays. Pavement can also reflect more sun. Acute damage can even occur during a single outing on a very bright day.
- ◆ If you add a UV-blocking coating to your eyeglasses it will increase your protection. Ask your ophthalmologist or optometrist.
- ◆ Everyone, especially infants and seniors, should also wear wide-brimmed hats when in the sun.
- ◆ Ninety percent of a person's total lifetime damage from UV rays occurs by the age of 18. Children's eyes are more sensitive than adults. It is NEVER too early to protect your eyes for a lifetime!

(Sources: Lighthouse International, American Academy of Ophthalmology and American Academy of Pediatrics)

Lighthouse International is dedicated to fighting vision loss through prevention, treatment and empowerment.

For products that make life easier for people with vision loss, visit shop.lighthouse.org

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