

SLIP ON YOUR SUNNIES

Exposure to UV light increases your risk of developing sight-threatening conditions such as cataracts and macular degeneration.

Always wear sunglasses when the UV Index rises to three or more.



for more information visit
www.visionmatters.org.uk



**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020
YOUR VISION MATTERS

UV & YOUR EYE HEALTH

Did you know our eyes are 10 times more sensitive to UV light than our skin?

Exposure to the sun's UVA and UVB light increases your risk of developing cataracts and macular degeneration.

According to the World Health Organisation UV damage is the biggest modifiable risk factor of cataract development.

So here are eight ways to help keep your eyes protected from the cumulative effects of exposure to the sun's UV.

1. Protect your eyes whenever the UV Index rises to three or more. Visit the Met Office website for information on UV levels.

2. Make sure the eyes and the area around your eyes is fully covered. Wrap-a-round specs or sunglasses are a great choice.

3. Wear sunglasses with a CE; UV 400 or British Standard Mark

as this ensures they provide adequate UV protection.

4. Wear a hat, cap or visor for added protection.

5. Sit in the shade and stay out of the sun between 12pm and 3pm when the sun's rays are strongest.

Up to 50 per cent of the total daily UV is emitted between these times!

6. Don't look directly at the sun.

7. Always protect children from UV too. Big pupils and clearer lenses mean 70 per cent more UV light can reach the retina of a child

8. Remember the shadow rule...

If your shadow is taller than you are your eyes are at greatest risk from UV as your brow bone no longer offers natural protection.

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Other habits in our Ten Best Eye Health Habits series include: eating a healthy balanced diet, being active, watching your weight and not smoking.