

# **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](http://www.visionmatters.org.uk)**



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