

# COVER UP

**Protect your eyes from UV damage when the UV Index rises to 3 or more, even on a cloudy day.**



For more information visit:  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 23 – SUNDAY 29 SEPTEMBER 2019  
**YOUR VISION MATTERS**

Visit the Met Office or BBC Weather websites for daily UV forecasts.