

# Cover Up!

**Protect your eyes from damaging sunlight whenever the UV Index rises to three or more – even on a cloudy day!**



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Visit [www.visionmatters.org.uk](http://www.visionmatters.org.uk) for advice about protecting your eyes from damaging UV rays.



**NATIONAL EYE  
HEALTH WEEK**

MONDAY 19 – SUNDAY 25 SEPTEMBER 2016

**YOUR VISION MATTERS**