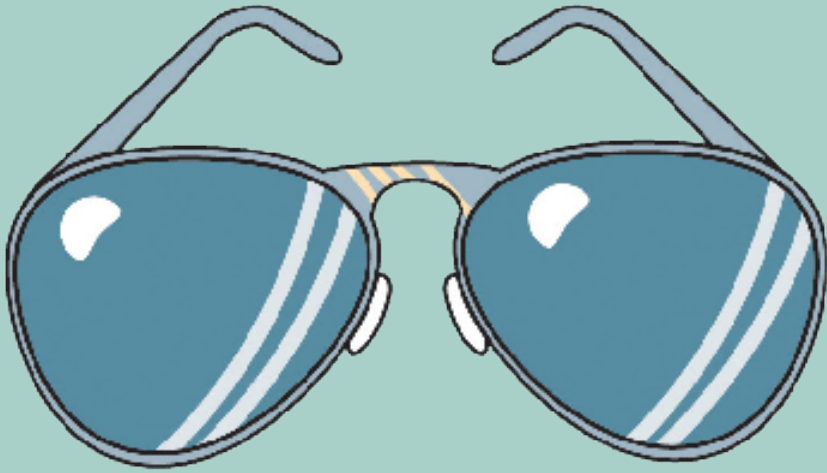


GET UV PROTECTED



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

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



**NATIONAL EYE
HEALTH WEEK**
MONDAY 18 – SUNDAY 24 SEPTEMBER 2023
YOUR VISION MATTERS

UV & YOUR EYE HEALTH

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

Cumulative exposure to the sun's UVA and UVB light increases your risk of developing sight-threatening eye conditions

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

So here are eight ways to help protect your eyes from sun damage.

1. Protect your eyes whenever the UV Index rises to three or more. Even on cloudy days.

Visit the Met Office website for the daily UV forecasts.

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 UV 400, CE 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. NEVER 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 from low sun.

Low sun in the spring and autumn can pose particular danger to your eyes.