



UV Safety

While some exposure to sunlight can be enjoyable, too much is dangerous, causing immediate effects like blistering sunburns, as well as longer-term problems like eye damage.

Ultraviolet radiation is composed of high-energy rays from the sun. Long-term exposure to ultraviolet radiation (“sunburn rays”) may contribute to the development of various eye disorders, such as: age-related macular degeneration, the leading cause of vision loss among older Americans; and cataracts, a major cause of visual impairment and blindness.

Everyone is at risk for eye damage that can lead to vision loss from exposure to the sun.

It’s important to protect your eyes from acute damage caused by even a single outing on a very bright day. Intense, excessive exposure to ultraviolet light reflected off sand, snow or pavement can damage the eye’s surface. Similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life.

To ensure your eyes are protected, wear sunglasses and a broad-rimmed hat. When selecting sunglasses, make sure they block 99 to 100 percent of UV-A and UV-B rays. But don’t be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.

Also, while out enjoying the sun in the water, remember to wear swimming goggles whenever you swim. Chlorine can make your eyes red and puffy, and ponds and lakes may have bacteria that can get underneath contact lenses and cause inflammation of the cornea.

And please, don’t forget the kids. Children should also wear hats and sunglasses and try to stay out of the sun between 10:00 a.m. and 2:00 p.m., when the sun’s ultraviolet rays are the strongest.

Remember to protect your eyes when you step out into the sun. If you experience any vision problems, see your Eye M.D.

Excessive sun exposure may cause eyesight damage.

**If you would like more information, please contact
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