

KEEP THE FUN IN YOUR SUMMER &
UV RAYS **OUT** OF YOUR EYES

UV PROTECTION

tips for SUMMER SAFETY



UV (ultraviolet) rays are constantly emitted from the sun and not only cause damage to your skin, but eyes as well. **Wear wide-brimmed hats, caps, sunglasses with UV coating or Transitions® lenses** to provide protection for your eyes.



Know the different types of UV rays which can be harmful to your eyes. **UV-A rays** are more likely to cause long-term damage, increasing the chances of vision loss. **UV-B rays** can cause minor sunburns to your skin and surface of your eyes which is painful though not permanent. **The preventative measures listed above offer a safe and easy way to maintain your eye health in the sun.**



Stay aware of your environment. Although the sun is an obvious indicator that UV rays are present, **many of them still travel through clouds and fog.** UV rays even reflect off **bright surface such as snow, pavement, water, and white sand.** **Be mindful of sun protection year-round.**

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Sources: Prevent Blindness America, American Optometric Association, Vision Monday, U.S. News & World Report, The Canadian Press

BRIGHT IDEAS: Sun Safety



Did you know that the sun's ultraviolet A (UVA) and ultraviolet B (UVB) rays can damage your skin in as little as 15 minutes, even on cool and cloudy days?¹ According to the American Cancer Society,^{®2} too much sun exposure is the cause of most skin cancers.²

Sun Yourself Safely

Here are some quick tips to help you sun yourself safely:

- Always use sunscreen with at least SPF 15. Look for the words “broad spectrum” on the label for the best protection.
- Apply sunscreen 30 minutes before heading outside. Along with your face, hands, and legs, be sure to cover your ears, lips, the back of your neck, and the tops of your feet. Even non-exposed areas need some protection! (Ask for help to get any hard-to-reach places covered!)
- Re-apply sunscreen every two hours when you're outside.
- Look for water-resistant sunscreen that will stay on your skin longer, even when wet.

What's the Harm?

You may think the only danger in getting too much sun is ending up with a bad sunburn. But unprotected exposure to UV rays:

- Increases your risk of skin cancer
- Causes skin to age, wrinkle, and lose elasticity
- Can contribute to the development of cataracts in your eyes

Check the Time

It's important to try to limit time in the sun, especially between 10 a.m. and 2 p.m. when the sun's rays are the strongest. These rays are also at their strongest in late spring and early summer.

Bonus Tip! Check the expiration date on already-opened sunscreen. As a rule of thumb, sunscreen is only good for two to three years—and less if it's been exposed to high temperatures.

(continued)

4 Ways to Protect Yourself:



Keep Covered

Keep as much skin as possible covered. Long sleeves or a layer of clothing in addition to sunscreen will improve your protection. Dark colors may block UV rays better than bright colors.



Grab a Hat

A wide-brimmed hat that shades your face, ears, and the back of your neck is the best. Prefer a baseball cap? Just remember to apply sunscreen to all those exposed areas.



Take Some Shade!

Whether it's under a tree or an umbrella, or just getting inside for a bit, putting something between you and the sun helps protect your skin. Remember: if your shadow is shorter than you are, it's time to get out of the sun.



Protect Your Eyes

Sunglasses block your eyes and surrounding skin from UV rays and reduce your risk of cataracts. Make sure your pair blocks both UVA and UVB rays.

For more information on sun safety, visit the following resources:

**Centers for Disease Control
and Prevention**

cdc.gov

American Cancer Society

cancer.org

Visit **ahealthyme.com** and be sure to sign up for an ahealthyme account!

1. cdc.gov/cancer/skin/basic_info/sun-safety.htm
2. cancer.org/cancer/cancercauses/sunanduvexposure/skincancerpreventionandearlydetection/skin-cancer-prevention-and-early-detection-intro

Other Sources:
ahealthyme.com/Library/Encyclopedia/85.P00864#sthash.rtlLpF6.dpuf
cdc.gov/cancer/skin/basic_info/prevention.htm

