

Health & Wellness

Tip of the Week

August is all about **Healthy Vision and Eye Care**. It is the perfect time to remind you about the importance of getting annual checkups and maintaining excellent eye health.

Week 33
August 15, 2016

Sun Safety: More Than Meets The Eye

We hear a lot about the dangers of the sun and protecting our skin from its harmful rays. But guarding our eyes is also important. Like the skin, our eyes can get sunburned, too. Long-term contact with the sun can lead to cataracts and also can increase the risk of vision loss. Anytime you are in the sun, wear sunglasses that:

- 👁️ Screen out 75 to 90 percent of visible light;
- 👁️ Block 99 to 100 percent of the sun's UV-A and UV-B rays;
- 👁️ Are matched in color and free of distortion; and
- 👁️ Are gray so that you can see colors correctly.

Sources: American Optometric Association; Centers for Disease Control and Prevention

Protect Your Eyes

UV rays not only damage your skin; they can cause vision problems, including cataracts and macular degeneration. To protect your eyes, wear a wide-brimmed hat to shade your face and eyes, as well as wrap-around sunglasses that block 100% of UV rays and absorb most HEV rays.



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