



Health and Wellness

Tip of the Week
Week 40
October 5, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Sun Safety: More Than Meets The Eye

We hear a lot about keeping our skin safe from the sun and its harmful rays. Like skin, our eyes can get sunburned too. Long-term contact with the sun can lead to cataracts and increase the chance of vision loss. When you are in the sun, wear sunglasses that block 99% to 100% of the sun's UV-A and UV-B rays. Sunglasses are more than a fashion piece. Wearing the right ones can help you keep an eye on sun safety and protect your eyesight for years to come.

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



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