



## Health and Wellness

Tip of the Week  
Week 43  
October 26, 2020

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

## Saving Sight Indoors And Out

Did you know household items cause 125,000 eye injuries each year? Nearly 90% of injuries can be avoided with proper safety measures that guard the eyes. Here are a few tips to protect your eyes:

- If you have stairs, make sure there are hand rails and lights.
- When mowing the yard, remove debris first and wear safety goggles.
- Keep paints, pesticides and fertilizers in a safe place.
- Read and follow all directions when using tools and equipment.

Normal eyeglasses will not always protect your eyes. Use protective eyewear, such as goggles, when needed.

*Sources: Prevent Blindness America; National Institutes of Health*



**City of Mission**  
**Human Resources Department**  
**1201 E. 8<sup>th</sup> Street**  
**Mission, TX 78572**  
**956-580-8631**  
**[www.missiontexas.us](http://www.missiontexas.us)**