

# ULTRAVIOLET

## AWARENESS

Your eyes are exposed to UV 365 days a year

There are two types of UV radiation that are damaging to the eyes: **UVA and UVB**

UVA account for 95% of UV radiation

UVA rays are 30-50 times more prevalent and produce **long-term severe damage**

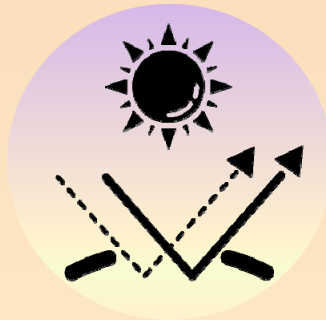
UVB more likely to penetrate on cloudy days

UVB rays are more prevalent at higher altitudes and are highly reflective off snow and ice

**75%**

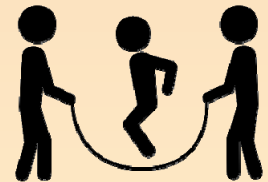
of Americans are concerned about UV eye exposure

... but only **31%** of them wear sunglasses whenever they go outside



Prolonged exposure to UV radiation over time can lead to irreversible damage such as **cataracts, pterygium, and macular degeneration.**

Children receive **3 times more sun exposure** than adults.



Their large pupils let in more UV light, making them susceptible to **UV-related eye damage.**

## Reflected UV light is just as damaging as direct UV



Water reflects up to **100%**



Snow reflects up to **85%**



Sand and concrete reflects up to **25%**



Grass reflects up to **3%**

## Protect Your Eyes



- Sunglasses should block out 99-100% UVA/UVB radiation
- Wraparound sunglasses prevent UV rays from entering around the frame
- "UV 400" label covers all UVA and UVB rays

### Sources:

1. American Academy of Ophthalmology (2014). The Sun, UV Radiation and Your Eyes. Retrieved July 1, 2018 from <https://www.aaof.org/eye-health/tips-prevention/sun>
2. American Optometric Association (2018). UV Protection: Protecting Your Eyes from Solar Radiation. Retrieved July 1, 2018 from <https://www.aoa.org/patients-and-public/caring-for-your-vision/uv-protection>
3. The Vision Council (2018) UV Eye Protection. Retrieved July 1, 2018 from <https://thevisioncouncil.org/content/uv-eye-protection>

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