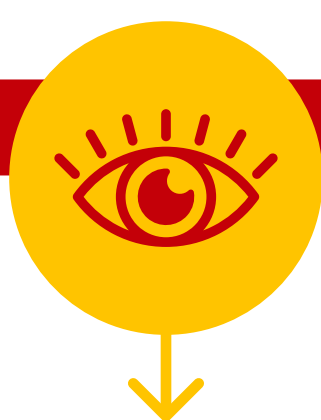




A Look at Eye Safety



Your eyes are a vital tool for everything you do. Keep them healthy with simple habits and smart choices.

SHIELD YOUR SIGHT



Safety glasses

Wear protective eyewear during high-risk activities, including sports, DIY projects and yard work, to help avoid injury.

Sunglasses

Block harmful UV rays with 100% UV-blocking sunglasses, even on cloudy days to help prevent cataracts.



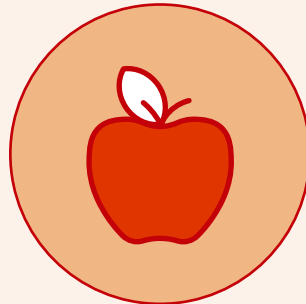
Screentime

Follow the 20-20-20 rule when using a computer or phone. Every 20 minutes, look at something 20 feet away for 20 seconds to reduce digital eye strain.

FUEL YOUR VISION

Eat smart

Eyes love foods rich in vitamins C and E, zinc and omega-3s. Fill your plate with leafy greens, citrus fruits and fatty fish to keep your vision sharp.

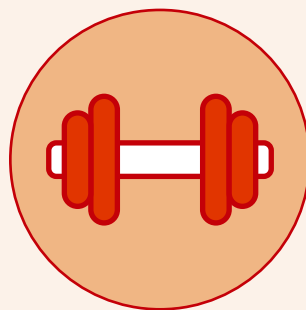


Stay hydrated

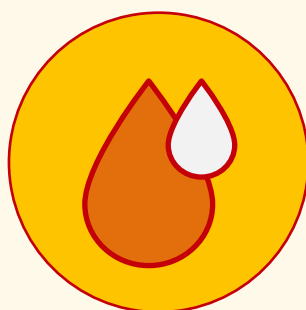
Drink plenty of water throughout the day to prevent dehydration, which can lead to dry, irritated eyes.

Exercise regularly

Diabetes, high blood pressure and high cholesterol can cause vision problems. Exercise to help prevent and control these conditions.



WATCH OUT



Chemical splashes

Household cleaners, bleach and other chemicals can cause severe burns and permanent vision loss. Rinse thoroughly with sterile water if a chemical splashes in your eyes and seek immediate care.

Foreign objects

Woodchips and metal fragments, along with projectiles from toys and pokes from fingers and paws, are common causes of eye injury. If an object gets stuck in your eye, leave it in place and go to the emergency room.



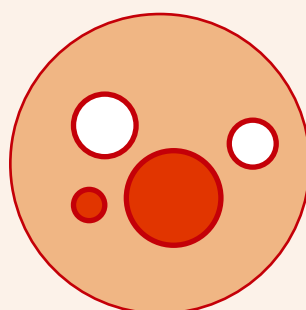
Sports injuries

Balls, sticks and rackets can cause severe trauma to the eye. Use proper protective gear for high-risk sports, such as basketball, baseball or hockey. For any trauma to the eye, visit an ophthalmologist for treatment.

SEE AN EXPERT

Symptoms

If you see spots or flashes of light or notice any sudden vision changes, eye pain, redness or light sensitivity, see an eye doctor immediately.



Regular exams

Schedule annual eye exams to check your vision and detect any early signs of diseases such as glaucoma and diabetes.

Visit weillcornell.org/doctors to find a doctor who can help protect your vision.

