

SUNGLASSES PROTECT YOUR VISION!



Wearing sunglasses isn't just stylish, it has become a necessity.

- ☀ Wearing sunglasses protects your eyes and reduces the risk of eye disease.
- ☀ Wearing sunglasses blocks ultraviolet (UV) light, even on cloudy days.
- ☀ Farmers, gardeners, construction workers, fishermen and all people who spend long hours in the midday sun or near rivers, oceans and mountains, are at risk.
- ☀ We often don't think about our eyes until something bad happens. Taking care of your eyes prevents problems, just as brushing your teeth prevents cavities.



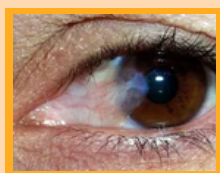
UV LIGHT CAN DAMAGE THE EYES

Too much UV light increases the risk of eye diseases and eye problems.

WEARING SUNGLASSES PROTECTS FROM:



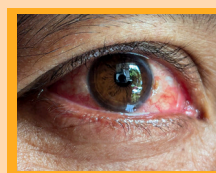
Cataracts



Pterygium and Pinguecula



Eye cancer



Sunburn and Snow Blindness

When it is recommended to wear sunglasses with UV protection

- ☀ If you work outdoors, wear sunglasses, even if it can cause discomfort and even if it's cloudy.
- ☀ For any outdoor activity, including sports.
- ☀ If you are a farm or construction worker, wear protective eyewear:
Safety glasses or goggles are designed to protect your eyes during certain activities, such as construction work, farm work, or home repairs.



In outdoor activities:

Babies and children need to wear a hat and sunglasses.

People of all ages should take precautions when outdoors.

Whether at work or with your family, protecting your eyes is everyone's business!



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