

5 TIPS FOR HEALTHY EYES



WEAR SUNGLASSES

Choose sunglasses that block at least 99 percent of both UV-A and UV-B radiation.



KNOW YOUR FAMILY HISTORY

Genes are a factor in eye diseases, including those diseases that are the leading causes of blindness.



USE PROTECTIVE EYEWEAR

Whether it's safety glasses or goggles, keep your eyes protected.



GET A DILATED EYE EXAM

It's the only way to catch eye diseases early, because with many, there are no symptoms.



LIVE A HEALTHY LIFESTYLE

Maintain a healthy weight and eat foods like fish and vegetables to lower your risk of eye disease. And don't smoke!

Visit nei.nih.gov/hvm to learn more.