

SAFETY MOMENT!

Healthy Vision



Eat Healthy Foods – Dark, leafy greens like spinach, kale, and collard greens, and fish like salmon, tuna, and halibut that are high in omega-3 fatty acids.



Get Active – Physical activity lowers your risk of health conditions like diabetes, high blood pressure, and high cholesterol.



Wear Sunglasses – Use sunglasses that block 99-100% of both UVA and UVB radiation, even on cloudy days.



Wear Protective Eyewear – Safety glasses and goggles are designed to protect your eyes from trauma, splashes, and debris during activities like playing sports, handling chemicals, or doing home repairs.



Give Your Eyes a Rest – Rest your eyes by taking a 20/20/20 screen break. Take a moment every 20 minutes to look at something about 20 feet away for 20 seconds.



Take Steps to Prevent Eye Infections – Wash your hands before touching your eyes. Be sure to clean and disinfect contact lenses and replace them regularly according to the manufacturer's instructions. Remove makeup every evening with a gentle cleanser and replace eye makeup products every three months or if you develop an eye infection to avoid reinfection.

