

mesvision[®] Promotes Ultraviolet Awareness

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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 more prevalent because they are not absorbed by the ozone and produce **long-term severe damage.**

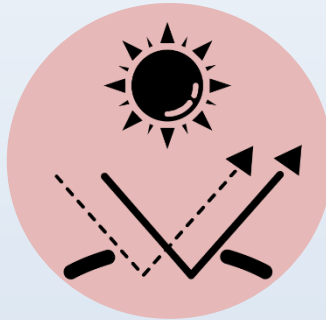
UVB is more likely to
penetrate on cloudy days

UVB rays are partially absorbed by the ozone and are more prevalent at higher altitudes and are highly reflective off snow and ice.

75%

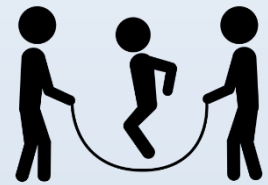
of Americans are concerned about UV eye exposure

... but only **31%** of them wear sunglasses whenever they go outside³



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 lenses are less capable of blocking UV, 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 (2019).
2. American Optometric Association (2018).
3. The Vision Council (2018) UV Eye Protection. Retrieved July 1, 2018 from <https://thevisioncouncil.org/content/uv-eye-protection>
4. AllAboutVision.com (2019)
5. SkinCancer.org (2017)