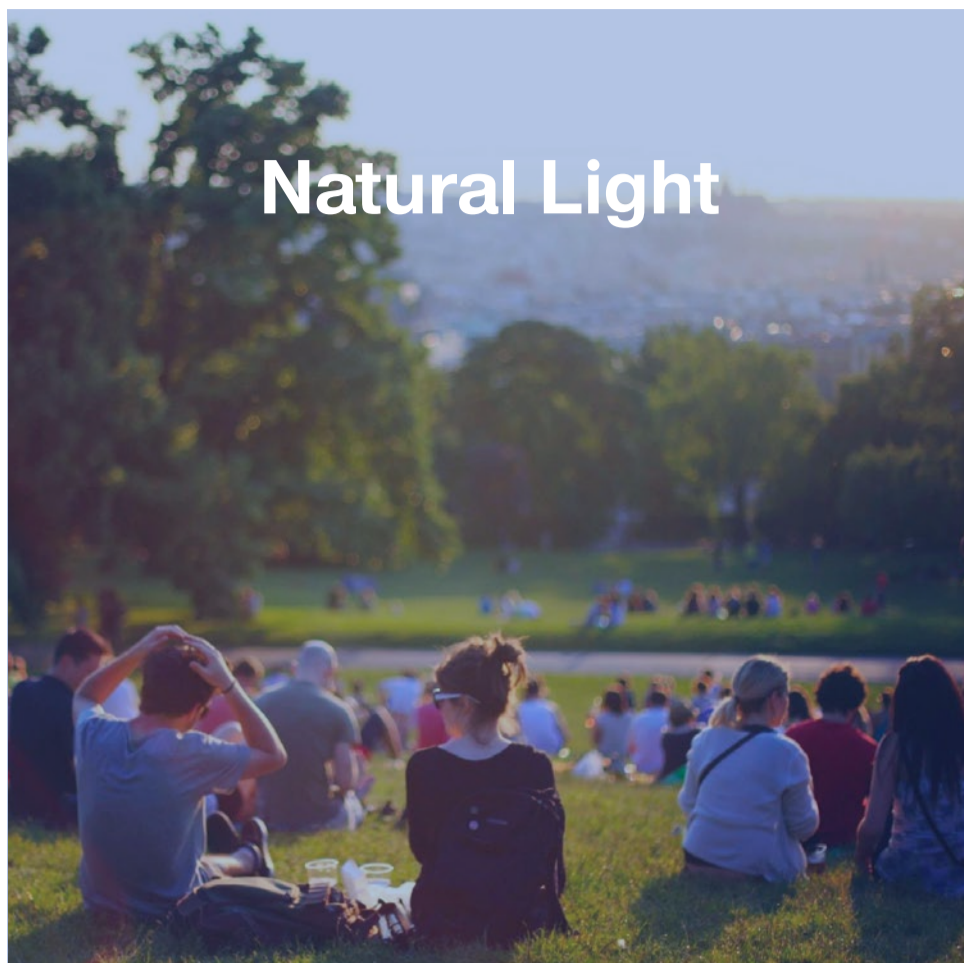
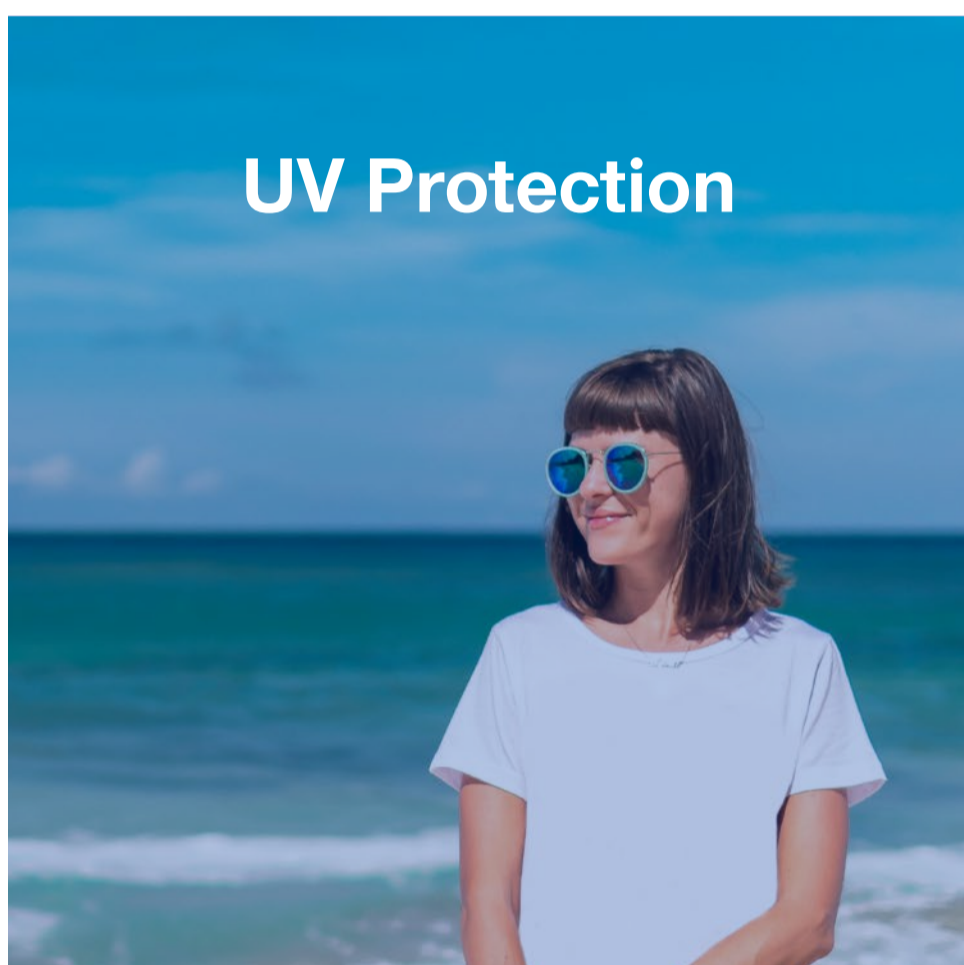


Summertime Vision and Hearing Health Tips



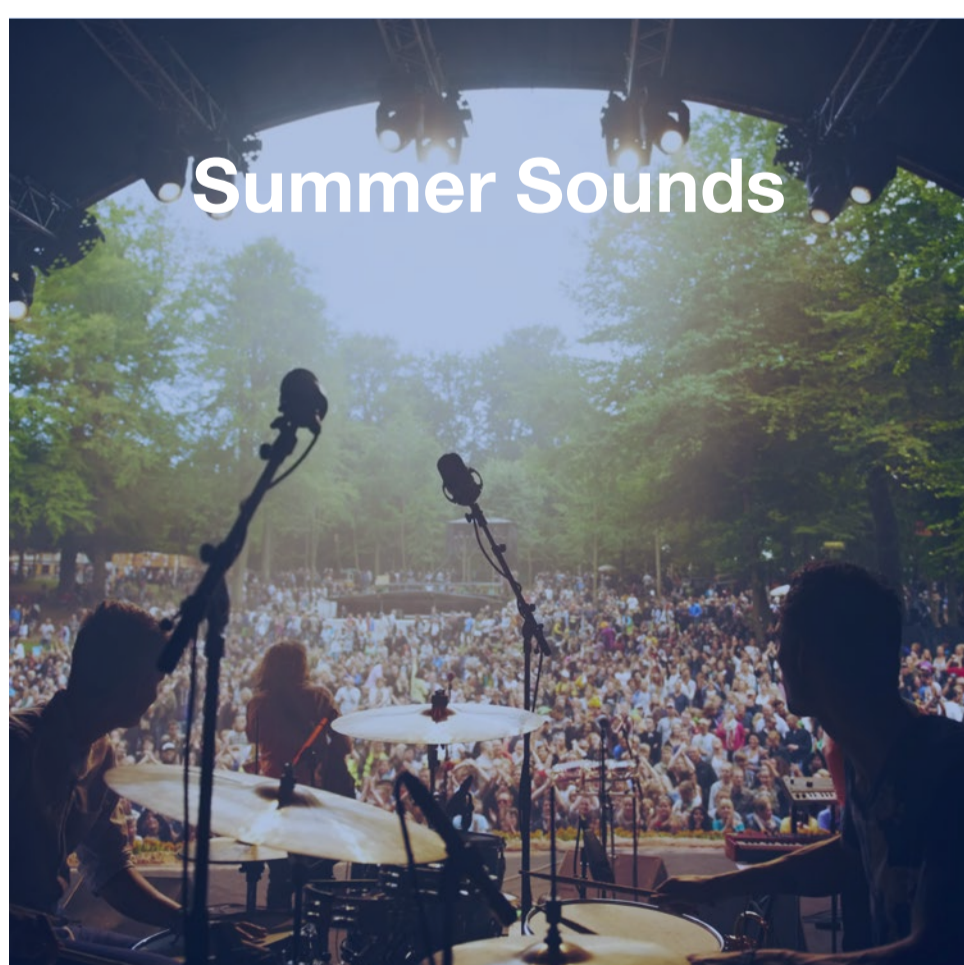
- **41% of Americans have myopia** (nearsightedness), or the inability to see far off objects clearly.¹
- Natural light can **promote healthy vision, and protect against nearsightedness**, especially among children and teens with developing eyes.²

TIP: Enjoy the weather! Getting outside and away from screens may help **reduce the risk of nearsightedness**.²



- Ultraviolet (UV) rays may **damage both your skin and eyes**.
- Overexposure to the sun can cause painful temporary vision loss known as **corneal sunburn**.³

TIP: Wear sunglasses that help block out **99% to 100%** of UV rays and **apply sunscreen**.



- Prolonged exposure to sounds **85 decibels (dB) or higher** may contribute to noise-induced hearing loss over time.
- Concert sound levels can exceed **90 dB to 115 dB**.⁴
- Hearing loss affects about **48 million** adults in America.⁵

TIP: Help protect your hearing by **wearing earplugs** at concerts and **move away** from loud speakers.

¹ National Eye Institute, <https://nei.nih.gov/content/myopia-close-look-efforts-turn-back-growing-problem>

² Experimental Eye Research journal, https://openresearch-repository.anu.edu.au/bitstream/1885/10597/1/French_TimeOutdoors2013.pdf

³ Prevent Blindness, <https://www.preventblindness.org/how-can-uv-rays-damage-your-eyes>

⁴ Centers for Disease Control and Prevention, https://www.cdc.gov/nceh/hearing_loss/infographic/

⁵ Johns Hopkins Medicine, www.hopkinsmedicine.org/news/media/releases/one_in_five_americans_has_hearing_loss