

# SUNGLASSES

Ultraviolet radiation (UVR) can cause short term damage to the eye such as painful inflammation similar to sunburn of the skin. Long term problems such as *pterygium* - thickening of eye tissue or growth over the cornea, *cataracts* - cloudiness of the lens, *photo keratosis* - sunburn of the cornea like snow blindness, and even *ocular melanoma* can occur through repeated sun exposure.



## STANDARDS

- Glasses that block at least 99-100% of UV radiation.
- You may need more protection if you take photosensitizing drugs, such as allopurinol, doxycycline, phenothiazine, psoralens, tetracycline, and tretinoin compounds. Please contact your vision provider for advice.
- A close fitting wrap around style is best.
- Color of sunglass lenses doesn't affect UV protection. Choose colors that affect your vision as little as possible—neutral gray, or green or brown tints.
- Select glasses that don't distort your view with wiggly lines when looking from side to side and up and down.
- Both tinted and clear prescription lenses can be treated to protect from UVR.

## SUNGLASSES AND CHILDREN

Children spend a great amount of time in direct sunlight during and after school hours (recess, physical fitness classes, A plus activities). Have children wear UV protected sunglasses and a hat during outdoor school activities and on excursions to the beach or field activities.

## OTHER SUN PROTECTIVE STRATEGIES

- Encourage your school to adopt a policy for hats, sunscreen, and UV protected sunglasses to be part of the school supplies list.
- Promote a policy for students and staff to apply sunscreen routinely during the early morning hours and prior to outdoor activities.
- See if school can increase in-door activities during the 10 a.m. - 4 p.m. hours (when UV is most intense).
- Encourage the school to plant for shade trees or build portable shade equipment.