

# Your summer eye safety guide from EyeMed

Before you soak up all the fun this summer, don't forget – eye safety matters. From pool days to backyard hangs, a few simple habits can keep your eyes comfortable, protected and ready to enjoy everything summertime has to offer.

## **Wear UV-blocking sunglasses**

One of the most important ways to be cool for the summer is wearing sunglasses. But, they're far more than stylish accessories – sunglasses can help protect your eyes from harmful rays that can lead to cataracts or cancer.<sup>1</sup> Even on days when it doesn't seem like it is particularly sunny, dangerous UV rays reflect off surfaces like water, sand and pavement which can increase exposure.

So, every time you head outdoors, make sure to wear a pair that is comfortable, suits your style, and most importantly, offers 100% UVA and UVB protection. If you need vision correction and typically wear eyeglasses, consider adding a pair of prescription sunglasses to your wardrobe.

## **Use hats for additional protection**

Wide-brimmed hats can provide extra shielding for your eyes – plus they provide a physical barrier against the sun for areas often missed by sunscreen, including your neck, scalp and ears. On days when you're gardening, relaxing at the beach, cheering at a baseball game or enjoying time outdoors, don't forget your favorite sun hat.

## **Avoid fireworks-related injuries<sup>2</sup>**

Nothing says summertime like fireworks. And while they may be a celebratory staple, they can be a serious risk to your eyes. Each year, nearly 2,000 eye injuries are linked to fireworks (and more than half of these

reported injuries involve children). Sparklers may seem harmless, but they can reach temperatures of 2,000 degrees and cause significant damage, including burns, corneal abrasions or even rupture of the eye. The safest way to protect your vision is to skip handling fireworks, keep them out of children's hands and enjoy the show from a safe distance at a professional display.

### **Protect your eyes while swimming**

Whether you're poolside or taking a dip in a lake, protecting your eyes while swimming is essential. Goggles are your best defense against irritation from chlorine and harmful bacteria, helping prevent issues like "swimmer's eye," which can cause redness, dryness and infection.<sup>3</sup> Avoid the urge to open your eyes underwater (unless you're wearing goggles) and do not swim with your contacts in, as they can trap irritants against your eyes.

### **Stay hydrated**

A cold glass of water is refreshing on a hot summer day, but it does more than quench your thirst. Proper hydration supports the eye's natural tear film<sup>4</sup> and keeps your eyes feeling comfortable all day long.

Here are a few ways to reach your water intake goal:

- Keep a reusable bottle filled with water on hand
- Add natural flavors like lemon or cucumber
- Eat water-rich foods like watermelon and celery
- Drink a glass of water before every meal

### **Get regular eye exams**

It's important to visit your eye doctor regularly, no matter the season. [Schedule your annual eye exam](#)

(<https://eyedoclocator.eyemedvisioncare.com/member/en-us>) with any in-network

provider, including [Pearle Vision \(https://www.pearlevision.com/en-us/\)](https://www.pearlevision.com/en-us/), to monitor your vision, address any concerns and support your overall health and wellness.

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