

# 'Tis the Season for Eye Health – No Matter What the Season

Make your eye health a priority all year long with this helpful checklist.  
Visit [www.allaboutvision.com/checklist](http://www.allaboutvision.com/checklist) for more tips.

## DECEMBER - FEBRUARY

- Eat smart.** Think about your food choices and don't let the holiday season tempt you. Eat plenty of leafy greens, colorful fruits, and omega-3 fatty acids for better eye health.
- Vision benefits.** Take advantage of your vision plan and health savings benefits before they expire at the year's end. Also plan to use your savings on eye exams, glasses and contact lenses in the New Year.
- Quit smoking.** No butts about it: Smoking is harmful to almost every organ in your body, including your eyes. Make a healthful resolution to be smoke-free in the New Year by kicking the habit.

## MARCH - MAY

- Allergy relief.** Pay extra attention to what triggers your seasonal allergies so you know what to avoid. See an eye doctor if your eyes become itchy, red, watery and swollen.
- Sports eyewear.** Almost 90 percent of sports-related eye injuries are preventable with protective eyewear. Get sports glasses to protect your eyes and enhance your vision.
- At-home eye safety.** Planning on spring cleaning, home-improvement projects or backyard gardening? Don't forget to wear safety glasses or goggles to help avoid eye injuries.

## JUNE -AUGUST

- Sun protection.** Everyone in your family, including kids, should wear sunglasses while outdoors, even on cloudy days. The sun's harmful UV rays can cause cataracts, eyelid cancer and more.
- Swim goggles.** Never swim while wearing contact lenses, unless you're also wearing goggles. Goggles protect your eyes from countless bacteria that can cause sight-threatening diseases.
- Eye exams.** Schedule comprehensive eye exams for your kids before school starts to make sure their vision is in top shape for learning. In-school vision screenings are not a substitute for exams.

## SEPTEMBER - NOVEMBER

- Eye strain.** Spending more time indoors? Remember to rest your eyes while at the computer. Take a break every 20 minutes and look at objects at least 20 feet away for at least 20 seconds to reduce eye fatigue. (Think: "20-20-20.")
- Shopping.** Include new eyewear on your shopping list. Let your child pick a frame and have an optician make sure it fits properly. Purchase a back-up pair, too, in case of accidents.
- Stay active.** Don't let the colder weather keep you from regular exercise. Staying active can help protect against diabetes, macular degeneration and more.