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**Queensland Eye Institute &  
Prevent Blindness Foundation**

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# UV Exposure and Your Eyes

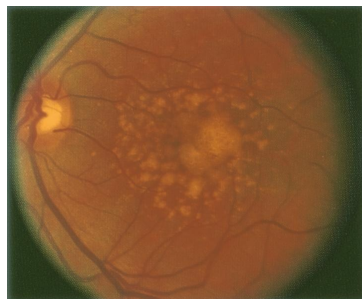


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We all enjoy beautiful Australian sunshine and everyone knows to “slip, slop, slap” but did you know that your eyes can get sunburnt too? UV radiation has been linked to numerous eye problems including

- Pterygium and pinguecula
- Skin cancers on the eyelids
- Cancer on the surface of the eye
- Cataracts
- Macular degeneration
- Melanoma of the eye



A good pair of sunglasses will block much of the harmful UVA, UVB and UVC radiation as HEV (high-energy visible) radiation. Ensure that your glasses meet the Australian design standards and be very wary of purchasing them online. Many websites sell counterfeit sunglasses that do not meet rigorous Australian standards and will not protect your eyes.

Remember that kids also need protection from UV radiation, even more so than adults.

Help QEI raise awareness of the need to protect your eyes from UV radiation and support National Sunnies Day at [www.nationalsunniesday.pbf.org.au](http://www.nationalsunniesday.pbf.org.au)

