Sunglasses – Not Just for Adults!

Parents are more aware about protecting their children's skin from the sun but may not be as attentive to their eyes. Ultraviolet radiation (UVR) from the sun can also damage the eyes causing conditions such as cataracts (clouding of the lens of the eye). Research shows that these conditions are now occurring in younger people.

A wide brimmed hat can protect the eyes from some of the rays but rays can still be reflected from surfaces such as water, concrete or other shiny surfaces. Sunglasses that provide 100% UVA and UVB protection can prevent eye damage. Choose glasses that are sturdy, fit snugly to your child's face and provide 100% UVA and UVB protection. Children's sunglasses that meet these conditions are inexpensive and fun to wear!

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Sun Safety).

Last updated August 2010