



Vision

What you should know

Did you know that 125,000 eye injuries each year involve common household products?



Believe it or not, the average home is full of dangers that often go unnoticed. In fact, according to Prevent Blindness America, accidents involving common household products cause more than 125,000 eye injuries each year. Ninety percent of these eye injuries can be prevented through understanding, safety practices and the use of proper eye protection.

You can reduce the risks of eye injuries for yourself and others by following these easy steps:

- Inspect and remove debris from lawns before mowing
- When performing indoor projects such as construction or painting, wear safety glasses or dust goggles to protect against flying particles
- Pad or cushion sharp corners and edges of furnishings and home fixtures
- Avoid giving toys to your children that have sharp or rigid points, shafts, spikes, rods or dangerous edges

Knowing what to do in an eye emergency can save valuable time and possibly prevent vision loss.

Basic eye injury first aid.

Chemical burns to the eye.

- Immediately flush the eye with water or any other non-alcoholic liquid. Hold the eye under a faucet or shower, or pour water into the eye using a clean container. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes
- DO NOT use an eyecup
- If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens
- DO NOT bandage the eye
- Seek immediate medical treatment after flushing

Specks in the eye.

- DO NOT rub the eye
- Try to let tears wash the speck out or use an eyewash
- Try lifting the upper eyelid outward and down over the lower lid
- If the speck does not wash out, keep the eye closed, bandage it lightly and see a doctor

Blows to the eye.

- Apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be taped to the forehead to rest gently on the injured eye
- In cases of pain, reduced vision or discoloration (black eye), seek emergency medical care. Any of these symptoms could mean internal eye damage

Cuts and punctures of the eye or eyelid.

- DO NOT wash out the eye with water or any other liquid
- DO NOT try to remove an object that is stuck in the eye
- Cover the eye with a rigid shield without applying pressure. The bottom half of a paper cup can be used
- Seek immediate medical treatment

If injury occurs, contact your doctor's office for medical advice.



Source: www.preventblindness.com

UnitedHealthcare vision coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number VPOL.06.TX or VPOL.13.TX and associated COC form number VCOC.INT.06.TX or VCOC.CER.13.TX. Plans sold in Virginia use policy form number VPOL.06.VA or VPOL.13.VA and associated COC form number VCOC.INT.06.VA or VCOC.CER.13.VA.