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### Celebrate safely

An eye injury takes the fun out of a celebration. Here are some tips to keep in mind:

- Fireworks can be dangerous to people of all ages. Attend only fireworks displays that are run by professionals.
- Never allow children to light fireworks or stand near anyone who is.
- A champagne cork can fly at 50 miles per hour when it leaves the bottle. That is fast enough to shatter glass—and too fast for you to get out of the way in time.
- To open a champagne bottle safely:
- Point the bottle at an angle away from yourself and others.
  - Hold down the cork with the palm of your hand while removing the wire hood.
  - Wrap a towel completely around the cork as you slowly work it from the bottle.
- If you get a cut in the eye or eyelid, get medical help right away. Do not rub your eye or apply any pressure to it. If you can, tape a paper cup over your eye to keep anything from touching it. Try not to cough, sneeze, bend down, or lift any objects while waiting for medical help.
- If you get hit in the eye, put ice or a cold compress on your eye. This helps reduce pain and swelling. See a doctor right away if you have a black eye or blurry vision, as these can be signs of eye damage.
- If you get a chemical in your eye, immediately flush your eye with lukewarm water. Use your fingers to keep the eye open. Here is how to flush your eye:
  - Hold your head under a faucet or shower or gently pour water from a container. Flush your eye with water for at least 15 minutes.
  - “Roll” your eye (as if looking around) while flushing it with water. This helps clean out the chemical.
  - Get medical help right away. Some chemical still may be in your eye even if you think you flushed it away.

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### Treating eye injuries right away

If you or someone else injures their eye, get medical help immediately. Getting treated quickly and correctly can help lessen the damage or perhaps even prevent vision loss.

There are steps you can take right away after an eye injury to help.

- If you get a speck or tiny object in your eye, do not rub your eye. Instead, holding your eyelashes, carefully lift your upper eyelid and place it over the lower lid. This allows the lower lashes to brush away that object or speck. Then blink a few times. If this does not help, keep your eye closed and get medical help.

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## Summary

Eye injuries are common. About half of all eye injuries happen at home. Nearly 9 out of 10 eye injuries could be prevented simply by wearing protective eyewear. There are different kinds of safety glasses, masks and goggles designed for all kinds of uses.

Follow tips for eye safety, at home, in sports and while celebrating. And, get medical help right away if you have an eye injury. Quick and correct treatment can save your vision.

If you have any questions about your eyes or your vision, speak with your ophthalmologist. He or she is committed to protecting your sight.

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