

SAFE TOYS AND CELEBRATIONS

The holiday season is a time for family, fun and festivity, but it can also be a time of danger. Each year many people suffer from eye injuries caused by unsafe toys and celebrations.

When choosing gifts, make sure they don't pose a hidden danger to your loved ones' eyes. Select only toys and gifts that are appropriate for a child's age and maturity level. Avoid toys with sharp, protruding or projectile parts and consider carefully before giving BB, paint or pellet guns, as well as rifles or darts. Most importantly, make sure children have appropriate supervision when playing with potentially hazardous toys or games.

Participating in sports, such as basketball, soccer, baseball, football, hockey and water sports, without appropriate eye protection can lead to serious eye injuries. If giving sports equipment, make sure to include appropriate protective gear, such as helmets, facemasks or goggles with polycarbonate lenses.

Be careful around the Christmas tree. Branches and needles can be hazardous to eyes, so be especially careful when untying your tree because the branches can quickly burst forward, hitting and injuring your eyes. Glass ornaments should be hung out of a child's reach.

If you want to celebrate with fireworks, attend only professional fireworks displays. Never play with or allow children to play with fireworks or sparklers of any kind because there is no safe way to handle them.

While celebrating the festivities and opening champagne, watch the corks. Make sure corks are pointed away from you and others. Prevent the cork from popping off uncontrollably by slowly turning the cork with a slight upward pull. And remember to keep the bottle cold; sparkling wine should be chilled to at least 45 degrees Fahrenheit before opening.

Have a great holiday season, but please remember to celebrate responsibly. If you experience any eye injuries, seek medical attention promptly.

90 percent
of eye
injuries
can be
prevented
with
protective
eye-wear.



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An Eye M.D. is an ophthalmologist - a medical doctor who provides the full spectrum of eye and vision care. From eyeglasses and contact lenses to medication and surgery, your Eye M.D. will help you keep your sight for life.