

## 2020 Prevent Blindness Eye Health and Safety Observances

| Month    | Monthly Awareness/Observance  |
|----------|---|
| January  | <p><b><i>National Glaucoma Awareness Month—January 1 - 31</i></b></p> <p>More than 2.8 million Americans age 40 and older have glaucoma. Nearly half do not know they have the disease as it causes no early symptoms. Prevent Blindness will provide insightful information about this “Sneak Thief of Sight.”</p>   |
| February | <p><b><i>AMD/Low Vision Awareness Month—February 1 - 29</i></b></p> <p>Age-related macular degeneration is a leading cause of vision loss, affecting more than 2 million Americans age 50 and older. Low vision aids can make the most of remaining vision. Information on eye disease warning signs and treatment will be available.</p>                           |
| March    | <p><b><i>Workplace Eye Wellness Month—March 1 - 31</i></b></p> <p>Prevent Blindness provides employers and employees with free information on topics ranging from eye strain to eye safety in industrial settings, in order to promote eye health at work.</p>  |
| April    | <p><b><i>Women’s Eye Health and Safety Month—April 1 - 30</i></b></p> <p>Women often manage family health concerns. Do you know how to protect your sight? Hormonal changes, age and smoking can endanger sight. Information on women’s and family eye-health issues will be provided.</p>  |
| May      | <p><b><i>Ultraviolet Awareness Month—May 1 - 31</i></b></p> <p>Exposure to UV rays can burn delicate eye tissue and raise the risk of developing cataracts and cancers of the eye. Protecting your eyes from UV dangers and choosing the right sunglasses will be the topic of the month.</p>   |
| June     | <p><b><i>Cataract Awareness Month—June 1-30</i></b></p> <p>Cataract is the leading cause of blindness in the world. And, there are more than 25.7 million Americans age 40 and older with cataracts. More than half of all Americans will have cataracts by age 80. Prevent Blindness will offer tips about prevention, symptoms and information about surgery.</p> |

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|------------------|---|
| <b>June/July</b> | <p><b><i>Fireworks Safety Month—June - July</i></b></p> <p>Activities during this period will alert parents and children to the dangers of playing with fireworks. Prevent Blindness will offer safer ways to celebrate the Fourth of July.</p>   |
| <b>August</b>    | <p><b><i>Children’s Eye Health and Safety Month—August 1 - 31</i></b></p> <p>Included in this month will be information about eye conditions such as amblyopia and strabismus. Also included will be tips about preventing eye injuries in children, signs of possible eye problems and general eye health.</p> |
| <b>September</b> | <p><b><i>Sports Eye Safety Month—September 1 - 30</i></b></p> <p>There are thousands of eye injuries a year related to sports. Tips on how to protect yourself and your children from such eye injuries will be discussed.</p>  |
| <b>October</b>   | <p><b><i>Contact Lens Safety Month—October 1 - 31</i></b></p> <p>Approximately 46 million U.S. residents wear contact lenses. Prevent Blindness provides tips and information on how to obtain, use and care for contact lenses safely. Halloween eye safety is also included.</p>                              |
| <b>November</b>  | <p><b><i>Diabetes-related Eye Disease Month—November 1 - 30</i></b></p> <p>Can people with diabetes prevent the onset of diabetic eye disease? During this observance, Prevent Blindness will offer information to help the more than 8.1 million Americans age 40 and older who have diabetic eye disease.</p> |
| <b>December</b>  | <p><b><i>Give the Gift of Sight Month—December 1 - 31</i></b></p> <p>The Holiday season brings together families, friends and festivities. During the month of December, Prevent Blindness will encourage everyone to reflect on the joys of healthy vision and support sight-saving services.</p>              |



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