



For Release
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Eye-Saving Travel Tips from USTiA
Dry Eyes & Travel

Travel can be hard on your eyes. Low humidity, both outside and indoors --especially conditions caused by ventilation systems on airplanes and hotels-- can drain moisture from the eyes. Visitors to arid and/or windy climates such as deserts and mountains can also suffer from dry eyes, as tears evaporate more rapidly in low-humidity environments.

To help combat irritation from dry eyes, the [US Travel Insurance Associations](#) suggests the following tips.

- Wear glasses or sunglasses that fit close to the face, such as wrap-arounds, to protect eyes.
- Turn off the air conditioning/heating system in your hotel room whenever possible, especially at bed time.
- Use artificial tears or other over-the-counter remedies to replenish moisture, as recommended by The National Institutes of Health.

For these and other important eye-saving tips, visit [TRIP](#). Developed by the US Travel Insurance Association as a public service, TRIP is designed to provide helpful information for anyone traveling. The TRIP acronym stands for "Travel Responsibly, Informed and Protected." With a motto of, "Empowering you to travel safely," the site offers useful articles, tips and links on various aspects of staying healthy, safe, and secure while traveling.

More information on travel insurance and a listing of USTiA members can be found at [ustia.org](#).

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Editor Note: The National Eye Institute has declared May "Healthy Vision Month." This is part two of three in a series on eye health and travel from USTiA.

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