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**Eye-Saving Travel Tips from USTiA
Protect your Eyes from Sun Damage**

When it comes to your eyes, don't let your guard down, advises the US Travel Insurance Association. Exposure to intense sunlight can cause problems for travelers at any time of year. Whether it's a Caribbean beach trip or an alpine ski vacation, taking care of your eyes is especially important.

According to the American Academy of Ophthalmology, exposure to sunlight may increase the risk of cataracts, age-related macular degeneration, and eye growths such as cancer. To protect your eyes:

- Be sure to buy 97% -100% UVA and UVB sunglasses
- Know that lens color and darkness don't necessarily correlate with the degree of protection
- Choose wrap-around styles that block the sun from the side

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.

For more information on travel insurance and a listing of USTiA members, visit [ustia.org](#).

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Editor Note: This is part one of three in a series on eye health and travel from USTiA.

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