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**Eye-Saving Travel Tips from UStiA
Eye Emergencies**

When you're traveling and have eye problems, how do you know which symptoms could be potentially serious? The US Travel Insurance Association advises that, while itchy and red eyes may be common, some conditions, such as cuts, scratches, objects in the eye, and blunt injuries to the eye or eyelid, require emergency medical treatment.

Other symptoms that may require emergency treatment to avoid loss of vision include:

- Nausea or headache with eye pain
- Change in vision such as blurring or double vision
- Symptoms of a possible detached retina, such as flashes of light, especially in peripheral vision; blurred vision; shadow or blindness in a part of the eye's visual field.

Should any of these symptoms occur, the 24/7 helpline that comes with most travel insurance and assistance policies can help locate a qualified medical facility.

For these and other 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 the third and final in an UStiA series of press releases on eye health and travel.

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