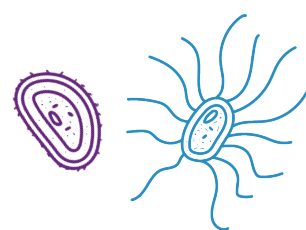




WHY YOU SHOULD USE EYE PROTECTION



Eye protection, such as **goggles** or **face shields**, is part of the personal protective equipment (PPE) recommended for infectious diseases, like COVID-19.



We often focus on protecting our face with a mask, since germs can travel to these target zones of the **nose**, **mouth**, **throat**, and **lungs** to infect us.



! HOWEVER

Eye protection is also an important form of PPE since our eyes are another way germs can get into our bodies and make us sick.



With eye protection, we protect ourselves from...

Splashes & Sprays

+

Respiratory Droplets



=

Carrying germs that may land in the eye



Imagine

someone coughs near your or talks to you...

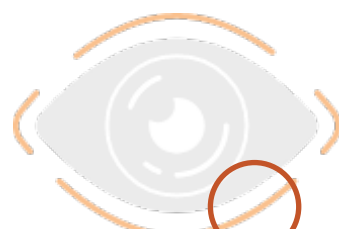


If no one is using PPE, as they cough or talk, some of their **respiratory droplets can travel** from their mouth and land on to your eyes.

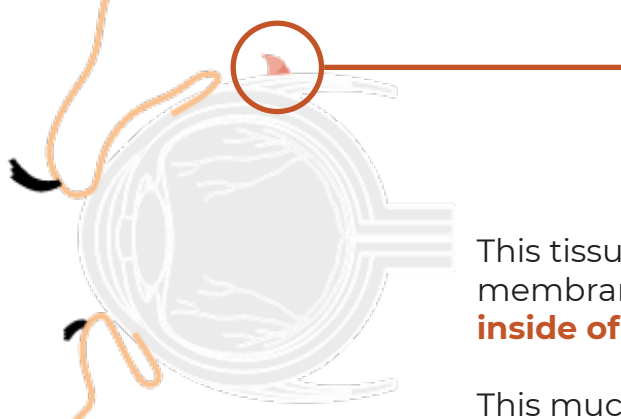


To understand this process better...

let's break down the process by looking at the eye's anatomy:

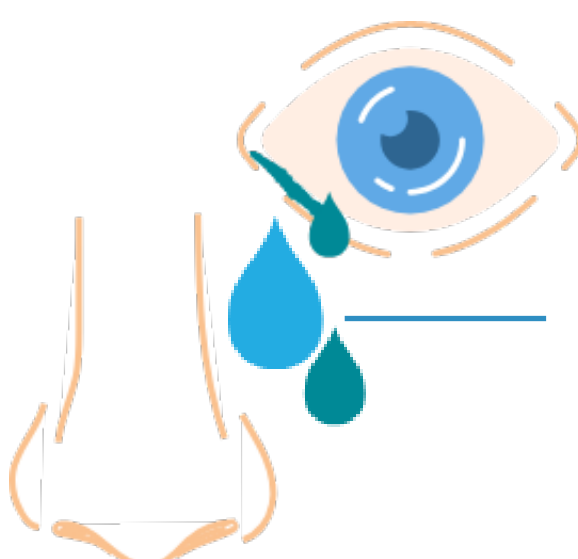


Your eye is partly covered with a thin, delicate tissue called **conjunctiva**.



This tissue is a mucus membrane that also covers the **inside of your eyelids**.

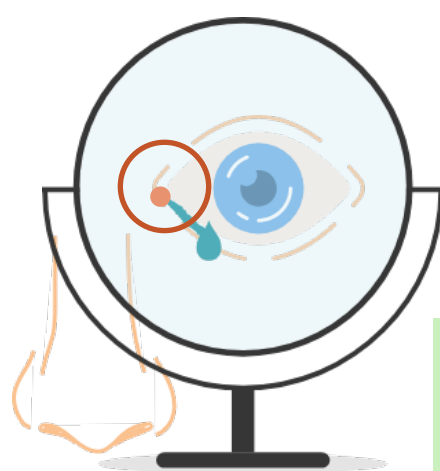
Your conjunctiva is covered by a liquid, essentially **tears**, that your eyes are protected, healthy, and work properly.



This mucus membrane, similar to the tissue inside of your nose and mouth, protects your eyes and requires hydration.

Tears contain **CHEMICALS + ANTIBODIES** to defend your eye from anything that gets into it—such as germs.

As your body produces tears to keep the eyes protected, the tears drain into tear ducts located at the corners of the eye near the bridge of the nose.



If you look in the mirror, the opening of your tear duct looks like a pinpoint-sized dot. These ducts connect and drain liquid from your eyes to your nose and throat.

FOR EXAMPLE

When you cry, your nose may run because some of the tears travel into the tear ducts and then drain into your nose and down your throat.

Similarly, when germs land in your eyes through respiratory droplets, they can mix with the liquid in your eyes, travel down the tear ducts, drain into your nose and throat, infect you, and make you sick.



Your tears do a great job of protecting your eye most of the time, but you can help them with an extra layer of protection in the form of your goggles or face shields.

