



## Safe Toys and Celebrations

The holiday season is a time for family, fun and festivity, but it can also be a time of danger. Each year many people suffer eye injuries caused by unsafe toys and unsafe celebrations.

When choosing gifts, make sure they don't pose a hidden danger to your loved ones' eyes. Select toys and gifts appropriate for a child's age and maturity level. Avoid toys with sharp, protruding or projectile parts, and consider carefully before giving BB, paint or pellet guns, as well as rifles or darts. Most importantly, make sure children have appropriate supervision when playing with potentially hazardous toys or games.

Participating in sports, such as basketball, soccer, baseball, football, hockey and water sports, without appropriate eye protection can lead to serious eye injuries. If giving sports equipment, be sure to include appropriate protective gear, such as helmets, facemasks or goggles with polycarbonate lenses.

And watch that Christmas tree! Branches and needles can be hazardous to eyes, so be especially careful when untying your tree. The branches can quickly burst forward, hitting and injuring your eyes. Glass ornaments should also be hung out of a child's reach to avoid any potential injury.

If you want to celebrate with fireworks, attend professional fireworks displays. Never play with or allow children to play with fireworks or sparklers of any kind, because there is no safe way to handle them.

While celebrating the festivities and opening champagne, watch the corks. Be sure corks are pointed away from you and others. Prevent the cork from popping off uncontrollably by covering it with a towel and slowly turning it with a slight upward pull. And remember it's important to keep the bottle cold; sparkling wine should be chilled to at least 45 degrees Fahrenheit before opening.

Have a great holiday season, but please remember to celebrate responsibly. If you experience any eye injuries, seek medical attention promptly.

*Choose appropriate gifts and celebrate responsibly*

For more information or to find an Eye M.D., visit [www.aao.org](http://www.aao.org)

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