



USCG TAC Plus Newsletter

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Health Spotlight: Vision Care

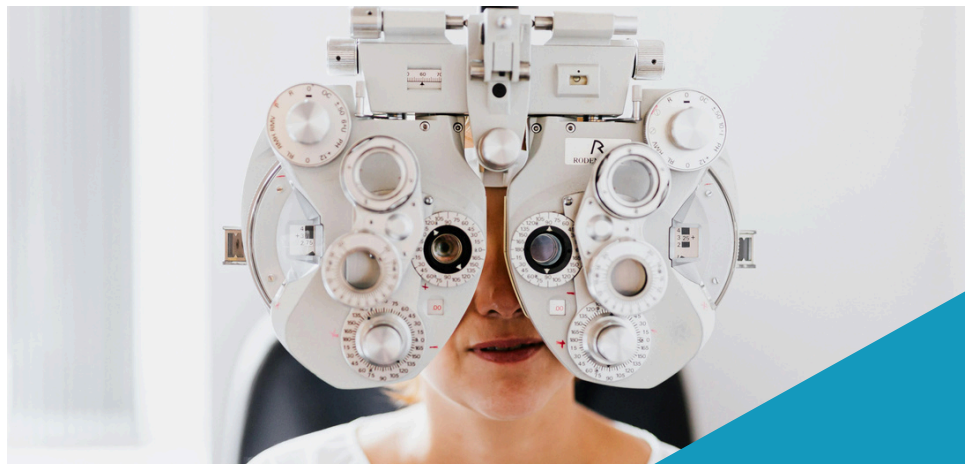
This newsletter highlights the importance of maintaining vision health and its vital role in safety, performance, and overall well-being.

Vision Care for Seafarers

Maintaining good eye health is essential for protecting your vision and overall well-being. Your eyes play a crucial role in how you navigate daily life, and regular check-ups can detect issues early. Simple habits like wearing UV protection, taking screen breaks, eating nutrient-rich foods, and managing chronic conditions help maintain optimal sight.

Eye protection from UV radiation and sun glare is an important tool to preserve eye health. Sun glare is solar radiation within the visible light spectrum. It can make it difficult to see clearly in bright conditions, which is why sunglasses or proper shading are often needed.

When sunlight reflects off water, or other shiny surfaces, it can create hazardous conditions for mariners or anyone operating machinery. Over time, excessive glare exposure can also contribute to eye strain and potential eye damage.



How to best manage eye health

The most effective plan is to focus on preventive care, which should include:

- Wear PPE and certified UV eye protection
- Take screen breaks
- Maintaining a nutrient-dense diet
- Regular eye exams
- Practice safe contact lens habits (cleaning and new contacts as recommended)



2025-2026 Flu Season



Flu season usually peaks in the fall and winter, increasing the risk of illness for mariners and crew members on board. Seasonal flu is caused by influenza A and B viruses and can spread easily in close quarters on ships.

The virus is transmitted through respiratory droplets, by touching contaminated surfaces and then touching the eyes, nose, or mouth, and through close contact with infected individuals.

Examples of close contact include sharing meals, drinks, and working closely in confined spaces. Staying vigilant about hygiene and vaccination is an essential way to keep the crew healthy and operations running smoothly.

Flu vaccines, updated annually, are available toward increasing the immune system against illness, lessening the symptoms and length, through your primary or local pharmacy clinics.

Common flu symptoms usually come on suddenly and can include:

Fever or chills, cough, Sore throat, runny or stuffy nose, headache, body aches and muscle pain, fatigue or extreme tiredness, weakness, sometimes vomiting or diarrhea (more common in children)