

**Mayo Clinic Minute: Should you open your eyes underwater?**

VIDEO	AUDIO
	----nats of jumping in pool---
<b>Jason</b>	The next time you dive in, you might want to reconsider opening your eyes underwater.
<b>Muriel Schornack, O.D. Optometry Mayo Clinic</b>	"Chlorine is a pretty powerful disinfectant and can, in fact, cause some damage to the outer layer cells that protect the cornea."
<b>Jason</b>	The occasional glance should be OK, but extended eye opening underwater can cause damage.
<b>Dr. Schornack</b>	"The eye becomes red, irritated. You might become photophobic, or sensitive to light. Your vision might blur a little bit, and your eyes are going to feel irritated or even, frankly, painful."
<b>Jason</b>	Most of the time, those symptoms are uncomfortable but temporary.
<b>Jason</b>	If you really want to look underwater, the doctor-recommended tip:
<b>Dr. Schornack</b>	"... I'm a huge fan of swimming goggles for a couple of reasons. No. 1, you can protect the front surface of the eye. No. 2, a lot of folks who are highly nearsighted or highly farsighted like to wear their contact lenses while they're swimming. And if chlorine soaks into those lenses, now you've got a reservoir of chlorine on the surface of the eye that's likely to do damage."
<b>Jason</b>	For the Mayo Clinic News Network, I'm Jason Howland.