

Health & Wellness Tip of the Week

Week 33 August 14, 2017

August is all about Healthy Vision & Eye Care

It is the perfect time to remind everyone about the importance of keeping your vision healthy and taking proper care of your eyes.



A Quick Glance at Kids' Eye Health

Children should get their eyes checked at birth, 6 months, before entering school, and then periodically throughout the school years (based on your eye doctor's recommendation).

In addition to regular checkups, take your child to an eye doctor right way if:

- 👁️ Eyes are watery, red, and/or inflamed.
- 👁️ Eyelids are red-rimmed, crusted, or swollen.
- 👁️ Eyes don't line up—one eye appears crossed or looks out.
- 👁️ Your child rubs eyes frequently.
- 👁️ Your child blinks frequently.
- 👁️ Your child says things are blurry or hard to see.
- 👁️ Your child closes or covers one eye.
- 👁️ Your child tilts head or pushes head forward.
- 👁️ Your child squints eyes or frowns frequently.
- 👁️ Your child has trouble reading, doing other close-up work, or holds objects close to eyes to see.
- 👁️ Your child says, "My eyes are itchy," "My eyes are burning," or "My eyes feel scratchy."
- 👁️ After doing close-up work, your child says "I feel dizzy," "I have a headache," or "I feel sick/nauseous."
- 👁️ Your child says, "I see double."

Sources: Prevent Blindness America

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