

# Health and Wellness Tip of the Week - Week 31

## Monthly Topic

*August is Healthy Vision & Eye Care Month. It's the perfect time to remind employees about the importance of caring for your eyes.*

August 3, 2015

## Don't Overlook Eye Health

More than 2,000 people hurt their eyes each day. That's why you should always wear protective eyewear at work, home or play when taking part in actions that may hurt your eyes.

Getting exams to catch eye problems early is also key. Here are some things to keep in mind:

- 👁️ Have your children screened before age 5 if you have family members who had eyesight problems as children.
- 👁️ Adults ages 40 to 45 should get an eye exam every two to four years.
- 👁️ Adults over 65 should have an eye exam every one to two years.
- 👁️ You should see an eye doctor right away if you have eye problems such as pain, seeing spots, nonstop tearing, extreme dryness, vision changes or flashes of light.

*Sources: American Academy of Ophthalmology; U.S. Department of Health & Human Services*



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