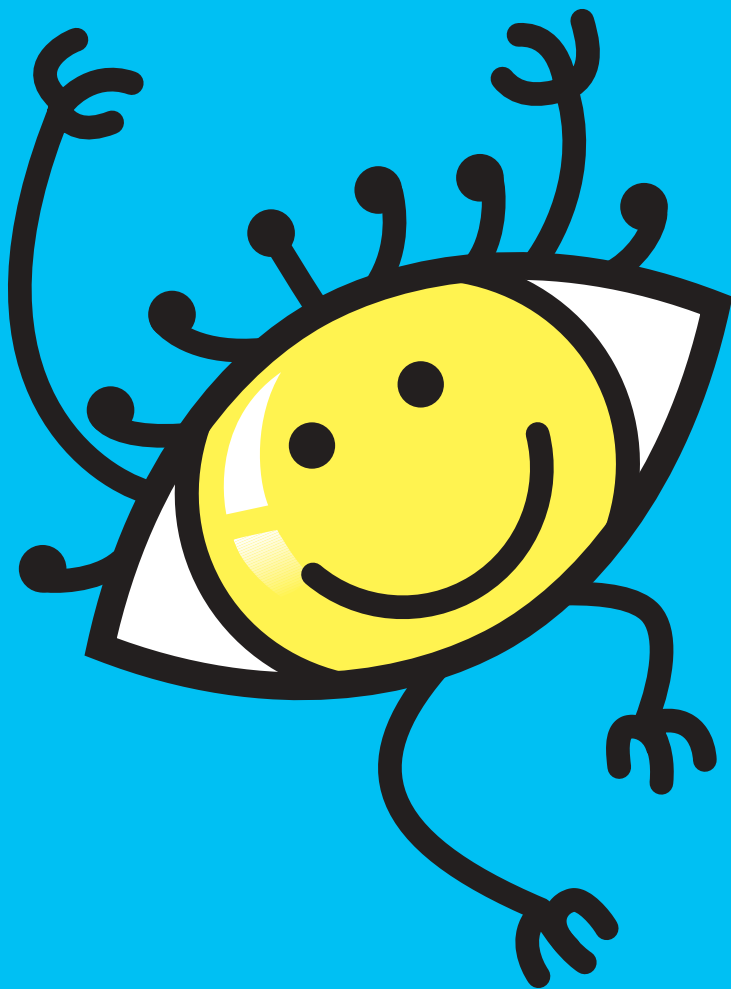
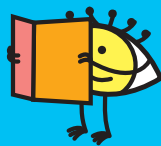


TAKE CARE OF YOUR EYES



YOUR EYES
ARE FOR...



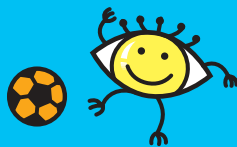
READING



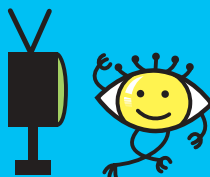
WRITING



USING THE
COMPUTER



PLAYING GAMES

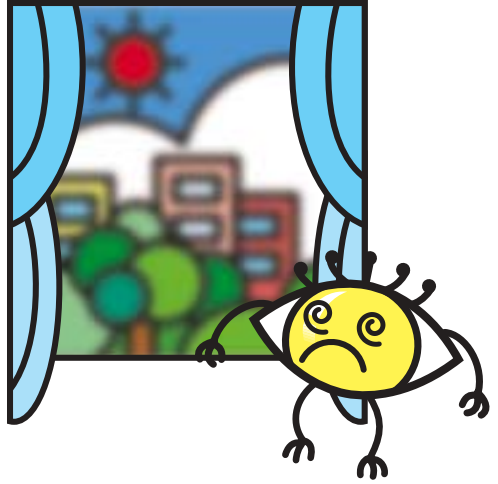
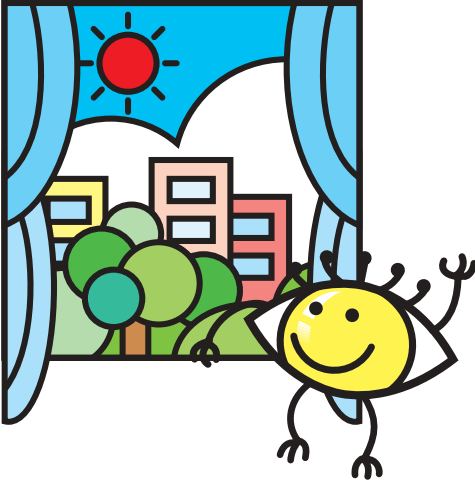


WATCHING TV

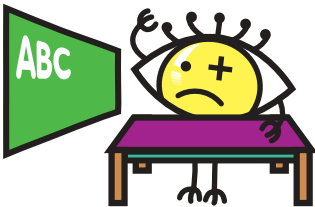
ARE YOU SHORTSIGHTED ?

Many of us are shortsighted. This happens when our eyes are not able to see distant objects clearly. We may need spectacles to help our eyes focus to see clearer.

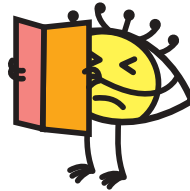
Another name for shortsightedness is myopia.



YOU MAY BE SHORTSIGHTED IF YOU



☞ Cannot see the writing on the blackboard clearly from where you sit in class.



☞ Have to bring your book close to your face in order to read it.

WHAT CAN HAPPEN WHEN YOU ARE SHORTSIGHTED ?

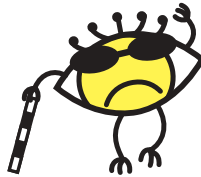
IF YOU ARE SHORTSIGHTED



☞ You may have difficulty doing school work because you cannot see clearly what the teacher writes on the board.



☞ You may find it very inconvenient when taking part in some sports.

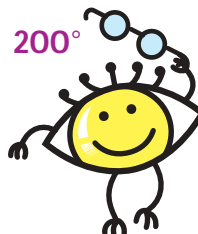


☞ If you do not seek help for shortsightedness and take care of your eyes, your eyesight can get worse. Severe shortsightedness can cause many problems. Some of these problems can lead to blindness if not detected or treated early.

SEE AN OPTOMETRIST

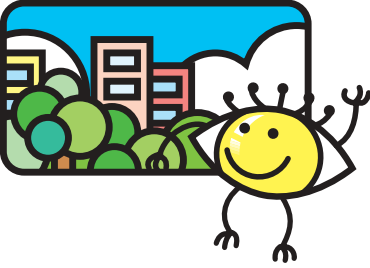
If you think you may be shortsighted, tell your parents. They will take you to see an optician or optometrist who will check your eyes.

If you are shortsighted, you will need to wear a pair of spectacles to help you see clearly. It is best for you to choose a pair of spectacles and lenses made of plastic. Plastic lenses do not break easily. This helps avoid any injury to your eyes.



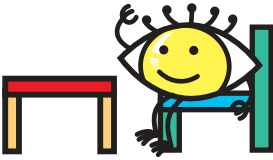
PROTECT YOUR EYESIGHT

TAKE VISION BREAKS!

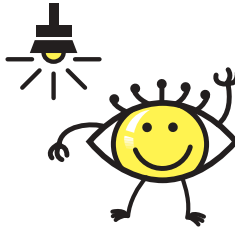


- Give your eyes a break after every 30 to 40 minutes of reading, writing, using the computer or watching TV.
- Look at distant objects for 3 to 5 minutes such as looking out of a window.

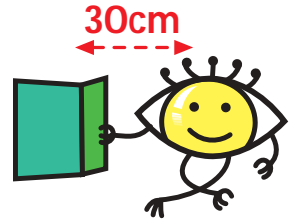
WHEN READING ...



- sit upright in a comfortable chair by a table

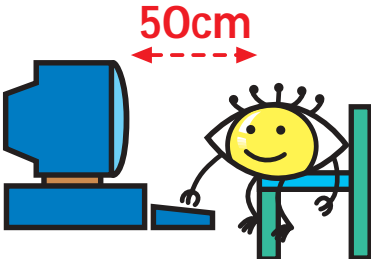


- make sure there is enough light in the room

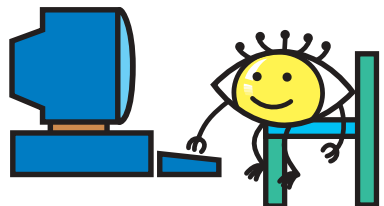


- hold the book about 30cm away.

WHEN USING THE COMPUTER ...



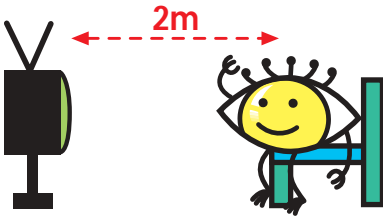
- sit about 50cm away from the monitor



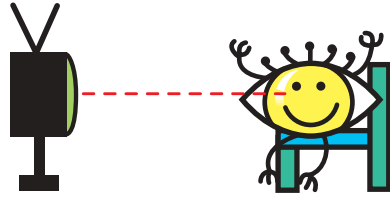
- sit upright and do not lean towards the monitor.

PROTECT YOUR EYESIGHT

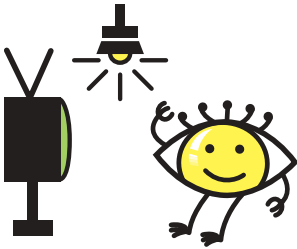
WHEN WATCHING TV ...



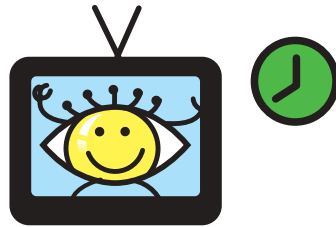
☞ sit at least 2m away



☞ make sure the height of the TV is at or below eye level

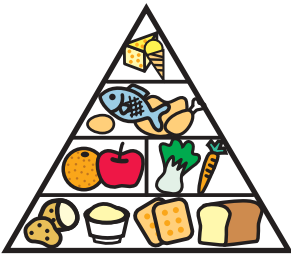


☞ switch on the room light



☞ remember to take a vision break of 3 to 5 minutes after reading, writing, using the computer or watching TV for 30 to 40 minutes.

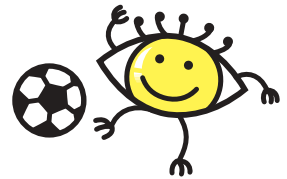
TAKE CARE OF YOUR EYES WITH GOOD HEALTH HABITS :



☞ eat balanced meals

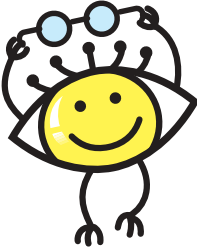


☞ get enough sleep at night

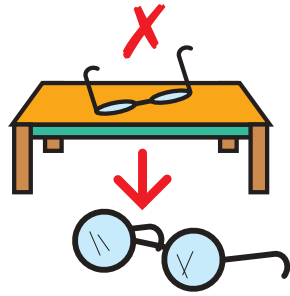


☞ have regular physical exercise.

CARE OF SPECTACLES



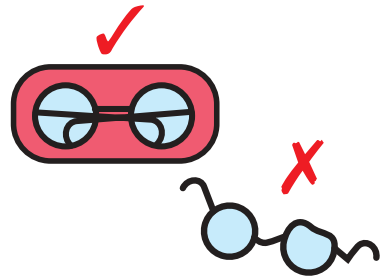
Use both hands to put on or remove your spectacles.



Do not place your spectacles downwards on the table to avoid scratching the lenses.

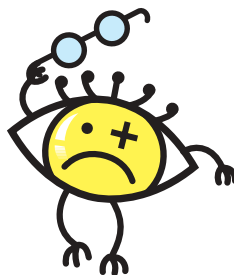


Wash your spectacles with soap and water at least once a day or whenever they are dirty.



If you are not using them, keep your spectacles in a spectacle case. Do not place your spectacles in your pocket. They may fall out or become bent out of shape.

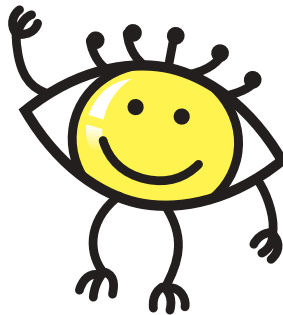
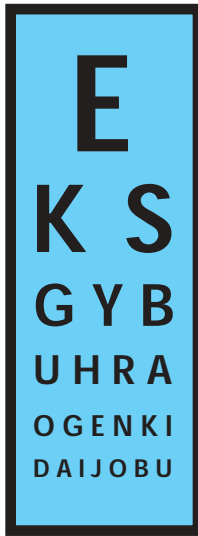
Tell your teachers or parents if you cannot see clearly even with your spectacles, or if you have any eye pain, headaches, dizziness or vomiting. Your spectacles may need to be changed.

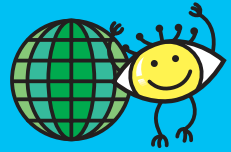


TAKE CARE OF YOUR PRECIOUS EYES

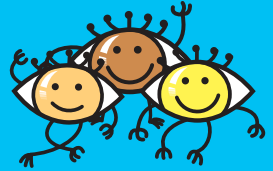
REMEMBER TO ...

- ➡ Practice good eye care habits all the time whether in school, at home or when you are outdoors.
- ➡ See your optician or optometrist regularly at least once a year to check your eyesight. You may need a change of spectacles if you are unable to see well.





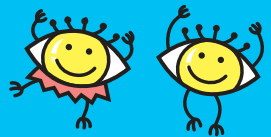
LOOKING AT
THE WORLD
AROUND YOU



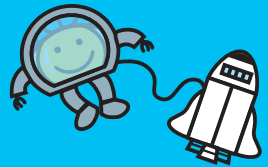
SEEING THE
SMILES ON
PEOPLE'S FACES



ENJOYING A
PAINTING OR A
SCULPTURE



WATCHING
A PLAY OR
DANCE



LEARNING
ABOUT SCIENCE