

## HEALTHY EYES

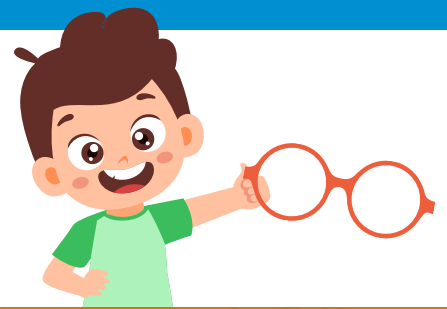
### Why should children get their eyes checked?



About

1 in 5

school-aged children  
have a vision problem



### Vision problems can make it hard for students to:

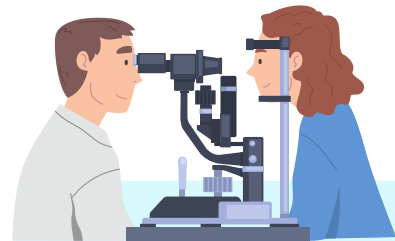
- Focus in class
- Build reading skills
- Take part in classroom activities

### When should children get their eyes screened?

- Starting at age 3, all children should have their eyes screened

## ONCE A YEAR!

- If your child is diagnosed with an eye condition or wears glasses, they should see an eye doctor once per year
- Eye exams are the only way to diagnose a vision problem. Sometimes children have no symptoms and have no way of knowing their eyesight is poor



### Visit an eye doctor if you see these symptoms:

- Redness or tearing of the eyes
- Trouble paying attention
- Trouble reading
- Headaches or eye pain
- Takes longer than expected to complete homework
- Squints or sits too close to the TV
- Clumsiness or lack of hand-eye coordination

### Where can I get my child's eyes screened?

- **Doctor Visits:** Your child's primary care doctor should do a vision screening at all annual check-ups starting at age 3
- **School:** Ask your child's teacher or school nurse if vision screenings happen at your child's school

### What can I do at home?

- **Follow-up:** If your child fails a vision screening, make sure to follow-up and make an appointment with an eye doctor
- **Connect:** If your child's school has a vision program, fill out all the paperwork to make sure they can get screened and tested in school
- **Visit:** For more, go to [HRL.NYC](http://HRL.NYC)

