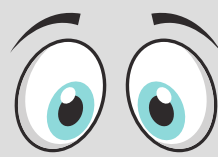


Keeping Kids' Eyes, Ears, and Teeth Healthy!

HEALTHY EYES

Why should eyes stay healthy?



About

1 in 5

school-aged children has 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?

- Most children who have vision problems do not have any symptoms, which is why eye exams are so important. Asking your child if they have trouble seeing usually does not help because they do not realize how well everyone else can see.
- Make sure your child is screened at least once per year **once per year**, especially if they already wear glasses or have a vision problem



If you see the following symptoms in your child, visit an eye doctor.

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

Where can I get my child's eyes screened?

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



What can I do at home?

- If your child fails a vision screening, make sure to follow-up and make an appointment with an eye doctor.
- 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!