COMMUNITY HEALTH COALITION

Improving the Health of Durham & NC Communities since 1989

August 2024

Children's Eye Health and Safety Check for Back to School

Dear Parents, Teachers, and Students,

August is Children's Eye Health and Safety Month. Dwight D. Perry, MD of North Carolina Eye, Ear, Nose & Throat offers tips to help protect children's vision and eye health.

Schedule Regular Vision Screenings

Vision screenings are essential steps in finding and correcting eye problems. The American Academy of Ophthalmology recommends vision screenings annually for children ages 3-10. Pediatricians or nurses can provide vision screenings during regular check-ups.

Many ophthalmologists advise comprehensive eye exams for children if:

• the child fails a vision screening.
• the vision screening is inconclusive.
• referred by a pediatrician or school nurse.
• the child is complaining about their vision, or the parent observes abnormal visual behavior
• the child has a learning disability, developmental delay, neuropsychological condition, or behavioral issue.

Dr. Dwight D.Perry, MD

Wear Protective Gear to Prevent Eye Injuries

Eye injuries can be severe in sports. However, you can provide a sense of security for your child by ensuring they wear certified protective eye gear made with polycarbonate materials. This simple precaution can go a long way in preventing eye injuries.

Practice the 20/20/20 Rule

Long periods of screen time can lead to eye strain. It's important to remind children about the 20/20/20 Rule: every 20 minutes, encourage them to look about 20 feet away for 20 seconds.

This simple practice allows the eye muscles to relax and can help alleviate tension.

For More Information
Visit www.NCEENT.COM or the American Academy of Ophthalmology for more information.

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