



## August is Children's Eye and Safety Month

Eye health is essential to a child's future growth and learning. Eye conditions and diseases often develop early in life, so prevention is important. It is recommended to have infants screened for common eye problems during their regular pediatric appointments and vision testing should be conducted for all children.

### Facts

- One in twenty preschoolers and one in four school-aged children have a vision problem that could result in permanent vision loss if left untreated.
- Protective eyewear can prevent 90 percent of sports-related eye injuries.
- Eating plenty of fruits and vegetables can help keep your eyes healthy.

### Most common eye injuries in children

- Misuse of toys
- Falls from beds, against furniture, on stairs, and when playing with toys
- Misuse of everyday tools and objects such as pens and pencils
- Contact with harmful household products (detergents, paints, glues, etc.)

### Prevention

- Wear protective eyewear when playing sports.
- Read all warnings and instructions on toys.
- Protect eyes by wearing sunglasses that block 99-100% of both UV-A and UV-B radiation.
- Get regular vision testing.

Eye injuries continue to threaten your child's sight as he or she ages. Sports are the leading cause of eye injuries in children. To protect your child, make sure he or she wears appropriate protective eyewear with polycarbonate lenses or shields when playing on the field, in the yard or on the court.

If there is a family history of vision problems, speak to your eye doctor about when and how often your child's eyes should be examined. Vision problems in children can be serious, but if caught in time and treated early, your child's good vision can be protected.

Read more on eye and safety at [preventblindness.org](http://preventblindness.org) and [nei.nih.gov](http://nei.nih.gov).