

HAVE YOU SEEN THIS KID AT CLASS?



- MYOPIA or NEARSIGHTEDNESS** already affects 25-35% of all children; and 50% by 2050
- MYOPIA affects children aged 3-10 years the most, but little kids often don't know how to explain their vision changes. Since 80% of academic material is visually presented to small children, **teachers should be vigilant for:**
 - Students who move seats repeatedly to get to the front of the classroom,
 - Students who have to get too close to their books/laptops to read,
 - Accident prone kids- falling during PE/bumping their head while walking,
 - Students who get scared to read aloud from the classroom board,
 - Students who suddenly participate less in class discussions or have falling grades.
- Call/email the parents immediately asking for an eye exam!! No delays allowed.
- Develop EYE-HEALTHY habits and activities in school**
 - Ensure playground time, children need 2 hours of sunlight for optimal eye growth
 - Insist your students maintain “one-arms distance” from their book/laptop
 - When possible, assign reading in a physical book not an e-book
 - As often as possible, give homework in paper worksheets, not digital worksheets
 - Enable the “screen distance” feature in all electronic devices that children use
 - Teach your children a lifelong habit of “20-20-20”--for every 20 min of close reading/laptop, take 20 seconds to look away at an object ≥ 20 feet away.

REMEMBER:

1. Myopia is fully correctable if treated early but requires vigilant adults!
2. Our teachers and educators are our first line of defense in the war against the epidemic like spread of myopia in children 3-10 years of age.

<https://MyEyesMyLife.org>

Use this QR code or URL to go to our website and learn about the spread of myopia in this digital era. Join our youth movement to bring awareness to teachers about their indispensable role in myopia diagnosis

