



**Weill Cornell Medicine**

# August is Children's Eye Health and Safety Month



**Keep an eye on your children's eye health.**

**This month serves as a reminder for parents to take time to learn what puts young eyes at risk and how to protect them.**



## See the Risk

**Children who may be at risk for vision problems include those:**

- Born earlier than 32 weeks of gestation
- Diagnosed with a condition affecting mental, physical or emotional development
- Who experience an eye injury or have a family history of childhood vision issues



## Maintain Healthy Development

**Protect your child's vision with the following:**

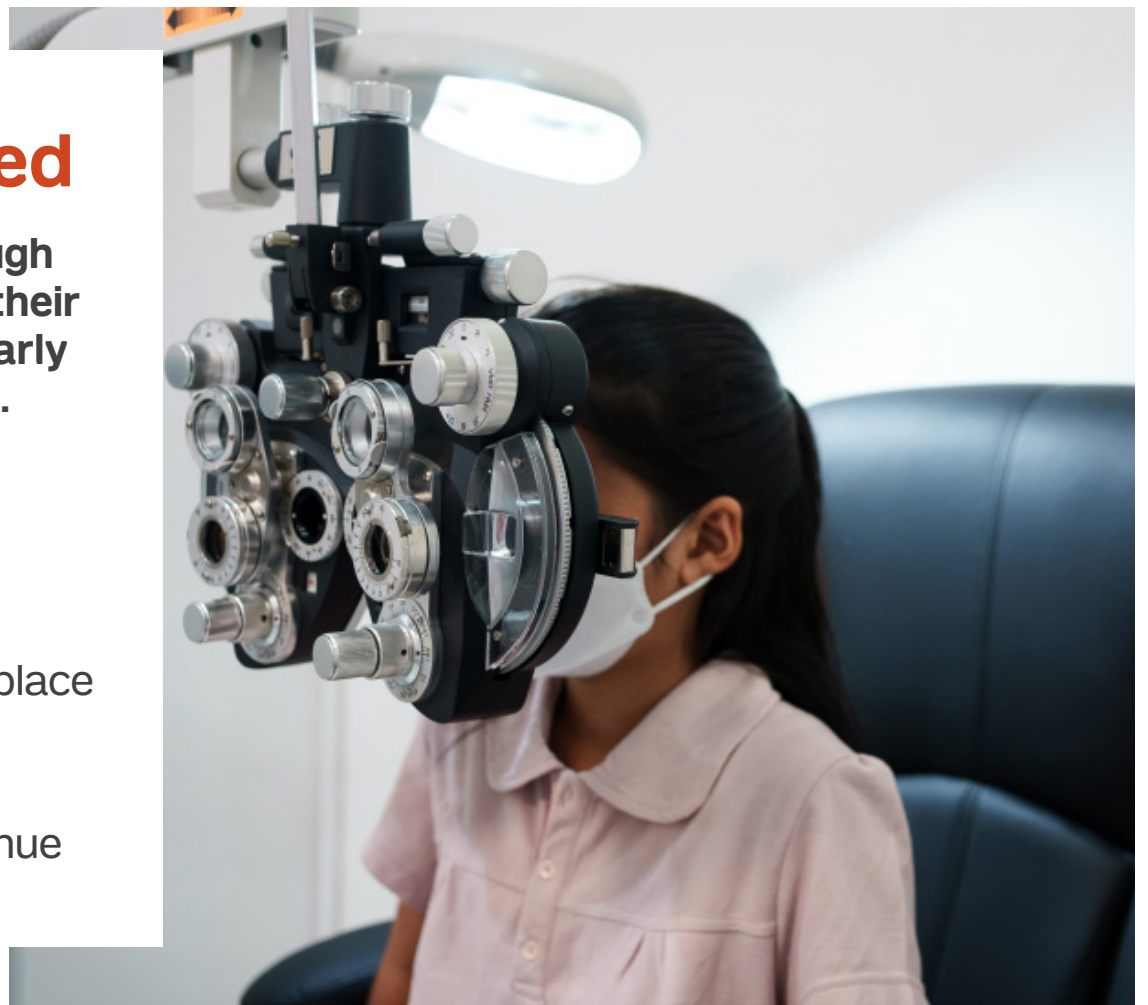
- Diet and Exercise.** A healthy diet and regular exercise help prevent health issues that can affect vision.
- Look Away.** Staring at screens causes eye strain and fatigue. Teach children the 20/20/20 rule. Every 20 minutes, look at something 20 feet away for 20 seconds.
- Scrub Off.** Dirty hands can cause eye infections. Wash hands with soap and water regularly and keep children's hands away from their eyes.



## Get Them Checked

**Your child's eyes will go through tremendous changes during their first six years. Start exams early to notice anything of concern.**

- The American Optometric Association recommends a baseline exam take place by 1 year of age.
- A second exam should take place between ages 3 and 5.
- Annual exams should begin prior to first grade and continue throughout life.



**Learn more about eye health by visiting [eye.weillcornell.org](http://eye.weillcornell.org).**



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