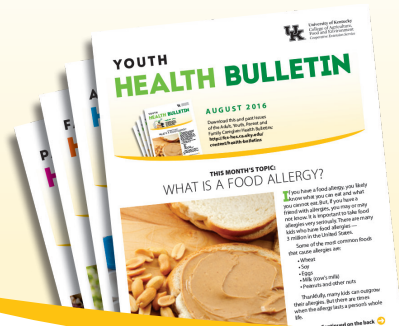




YOUTH HEALTH BULLETIN



MARCH 2018

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: EYE SPY

Eyes are a very important part of the body. Eyes help you read books and watch TV. Eyes have a very important job. They take in information about the world around you and send it to your brain.

Everyone's eyes are a little different. The color is different, but so is the way they work and how well they see. Sometimes people have to wear eyeglasses or contact lenses (also called corrective lenses) to help the eyes focus and see clearly. And, if you have to wear glasses that is OK — wear your glasses if you need them. It is important not to wear glasses if you don't need them or to wear another person's glasses.

Continued on the back →



Every 20 minutes, let your eyes take a break from TV, computer or mobile devices.

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Eyes are very important to us. Even if you have perfect 20/20 vision, taking care of your eyes and protecting them against injury or infection are important parts of keeping your vision. Wally Cat wants you to take care of your eyes by following these tips:

- **Never look directly at the sun.** Looking directly at the sun can damage your eyes.
- **Wear sunglasses.** A pair of sunglasses with ultraviolet (UV) protection can help prevent eye damage.
- **Wash your hands regularly!** Avoid touching your eyes when your hands are dirty.
- **Use protective eyewear.** Put on protective eyewear whenever you participate in sports like skiing or when in shop class or a science lab.
- **Take an eye break.** Your eyes can feel dry or tired if you watch a computer or TV screen for too long. Every 20 minutes, let your eyes take a break.



If you are having trouble with your vision, your mom or dad can take you for an eye exam. This might happen as part of your regular checkup with the doctor. It is a good idea to have your eyes checked at least every 2 years or even more if you have a family history of eye problems.

RESOURCES:

- <http://kidshealth.org/en/kids/glasses.html?ref=search&WT.ac=msh-k-dtop-en-search-clk>
- <http://kidshealth.org/en/teens/vision-care.html>
- <https://visionmd.org/2013/10/08/the-importance-of-teaching-your-children-about-caring-for-their-eyes>

Can you unscramble these words?

1) RVEEN LKOO LRYDCTIE TA EHT UNS

2) SHWA RUOY NSDHA RYRGAUELL

ANSWERS: 1) NEVER LOOK DIRECTLY AT THE SUN. 2) WASH YOUR HANDS REGULARLY



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