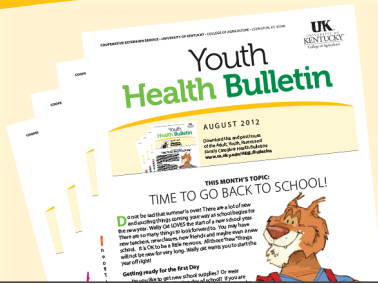


# Youth Health Bulletin



APRIL 2014

Download this and past issues  
of the Adult, Youth, Parent and  
Family Caregiver Health Bulletins:  
[www.ca.uky.edu/HEEL/Bulletins](http://www.ca.uky.edu/HEEL/Bulletins)

## THIS MONTH'S TOPIC:

# KEEPING YOUR EYES SAFE

**D**o you play a sport? Even if you are not on a team, you may still like to gather with your friends and play different sports. No matter what type of sports you are playing, it is important to take care of your eyes. This month is Sports Eye Safety Awareness Month. Wally Cat always works hard to make sure he keeps his eyes safe and uses protective eyewear when needed.

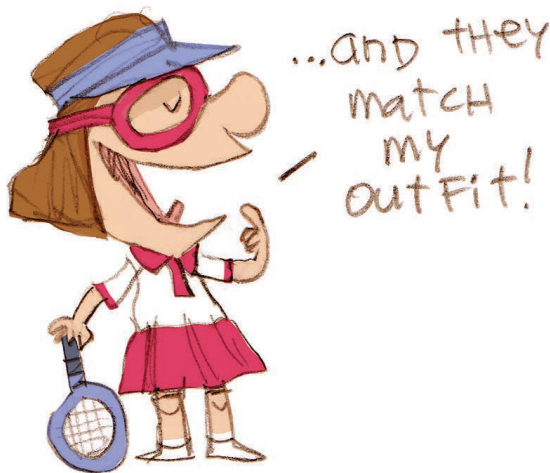
Our eyes are amazing. They can do so many different things and are very important to most activities that we do every day. But our eyes are also very delicate. If an eye is injured, it is possible that the injury could last the rest of your life.

Continued on the back →



# No matter what type of sports you are playing, it is important to take care of your eyes.

Continued from page 1



Protective eyewear is part of the uniform for some sports. In other sports, only certain players have to wear protective eyewear. If your coach suggests you should wear something to protect your eyes — you should do it. There are many options for protective eyewear when playing sports. Even if you do not wear glasses regularly, wearing something over your eyes, when you are playing sports, is smart.

## High risk sports

For all ages, there are three sports where eye injuries are most common: baseball, basketball and racquet sports. For kids age 14 and under, baseball is the most common sport for eye injuries. For age 15 and up, basketball is the most common sport for eye injuries. Unfortunately, many sports related injuries can result in vision loss. If you have a physical exam before the season begins, your doctor may suggest something to protect your eyes.

High Risk	Moderate Risk	Low Risk
<ul style="list-style-type: none"> <li>• Baseball</li> <li>• Basketball</li> <li>• Hockey</li> <li>• Paintball</li> <li>• Softball</li> </ul>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Golf</li> <li>• Soccer</li> <li>• Tennis</li> <li>• Fishing</li> </ul>	<ul style="list-style-type: none"> <li>• Bicycling</li> <li>• Diving/ Swimming</li> <li>• Wrestling</li> </ul>

## What should you do if you get hit in the eye by a ball?

If your eye is hit by a ball, you should put a cold cloth on your eye for at least 15 minutes. The cold cloth will help keep your eye from hurting and help the swelling go down. After you get hit in the eye with an object such as a ball, you should see your doctor.

Wally Cat wants you to protect your eyes, especially when you are playing sports. Make sure to wear protective eyewear when suggested by your coach. You may want to try wearing protective eyewear at other times, too. After all, you only have one set of eyes!

### SOURCES:

- American Academy of Ophthalmology (2011). Eye Health Statistics at a Glance. <http://www.aaopt.org/newsroom/upload/Eye-Health-Statistics-April-2011.pdf>
- The National Eye Institute (n.d.) See all you can see: Eye safety. <http://isee.nei.nih.gov/safety/>
- Nemours KidsHealth. (2010). Glasses and contact lenses. [http://kidshealth.org/kid/stay\\_healthy/body/glasses.html](http://kidshealth.org/kid/stay_healthy/body/glasses.html)



Youth  
Health Bulletin

Written by: Nicole Peritore  
 Edited by: Connee Wheeler  
 Designed by: Rusty Manseau  
 Cartoon illustrations by:  
 Chris Ware (© University  
 of Kentucky HEEL program)

