

Katherine Elementary
HEALTHY LIVING WEEK
September 19-23, 2022



Healthy vision starts with you! Use these 10 tips to take care of your eyes.

1. Eat right to protect your sight.

Keep your eyes healthy by eating a well-balanced diet. Load up on different types of fruits and veggies, especially leafy greens like spinach, kale, and collard greens. Fish like salmon, tuna, and halibut have been shown to help your eyes, too.

2. Get moving.

Did you know that kids who exercise often have a healthier body weight than kids who don't? Being overweight or obese can put you at higher risk for diabetes and other conditions that can lead to vision problems.

3. Speak up if your vision changes.

Is your vision blurry? Do you squint a lot? Ever have trouble seeing things at school? Tell a parent or teacher if your eyes are bothering you or if you notice any changes in your vision.

4. If you need glasses, wear them!

Your glasses help you see better, especially when they're clean and free of smudges. Talk to an adult about how to clean your glasses and how to store them when you're not wearing them.

5. Keep the germs away.

Always wash your hands before putting them close to your eyes, especially if you're putting in or taking out contact lenses.

6. Gear up.

Playing your favorite sport? Using chemicals during science class? Mowing the lawn? Wear the right protection to keep your eyes safe. Many eye injuries can be prevented with better safety habits, such as using protective eye wear.

7. Wear your shades.

The sun's rays can hurt your eyes. Choose sunglasses that block 99% or 100% of both UVA and UVB radiation from the sun. And remember, you should never look directly at the sun.

8. Give your eyes a break.

Do you spend a lot of time looking at a computer, phone, or TV screen? Staring at any one thing for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

9. Say no to smoking.

Did you know that smoking is as bad for your eyes as it is the rest of your body? Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.

10. Talk about it.

Does anyone in your family have issues with their eyes? Not sure? Ask! Talking about eye health with your family can help all of you stay healthy.

**For more information about how eyes work, fun visual tricks, optical illusions, how to take care of your eyes, and more visit:
<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids>**



See All You Can See

Fun Fact Calendar

Hi, everyone!
I'm **Jacob** and this is
my sister, **Emma**.

It's important
that we take care of our eyes.
So here are **31 fun facts**
about eye health!

	<p>1 Bouncing Back: Basketball leads all sports in the number of eye injuries to young people ages 15 to 24.</p>	<p>2 Myth—Reading in dim light is harmful to your eyes. Fact—Although reading in dim light makes your eyes feel tired, it is not harmful.</p>	 <p>3 When you blink, you shut your eyes for 0.3 seconds. That's a total of 30 minutes each day!</p>	<p>4 Color Blind: One in every 12 males is color blind. Color blind does not mean that you see in black and white, but that you have trouble telling the difference between certain colors.</p>	<p>5 Blind Spot: Around the world, an adult goes blind every five seconds and a child goes blind every minute.</p>	 <p>6 Smoking increases the risk of some eye diseases such as age-related macular degeneration and cataracts.</p>
<p>7 Myth—Never sit too close to the TV. Fact—There is no scientific evidence that sitting too close to the TV is bad for your eyes.</p>	<p>8 Eyes All Around: Scorpions have as many as 12 eyes and some flatworms have more than 100 eyes scattered all over their bodies.</p>	<p>9 Lucky Lenses: Experts recommend ultra-strong polycarbonate lenses for eye protection. Make sure that they are used with sports-appropriate frames or goggles.</p>	<p>10 Myth—If you need eyeglasses, your eyes are not healthy. Fact—Wearing eyeglasses has nothing to do with eye health, but rather with normal changes in parts of your eyes.</p>	<p>11 Seeing Red: People sometimes have red eyes in photographs, especially those taken with a flash, because light reflects off of the retina.</p>	<p>12 Sea of Color: Tropical fish and many brightly colored animals have more color vision cells than people do. They can see colors that people cannot.</p>	 <p>13 Blinking helps you lubricate your eyes. You blink every two to 10 seconds. Be sure to blink while you read or work on the computer.</p>
<p>14 In “lazy eye” (amblyopia), both eyes don't work well together. These vision problems can often be corrected if detected early.</p> 	<p>15 Hawk Eyes: Hawks' and eagles' eyes are specialized to let them see almost eight times better than humans.</p>	<p>16 Go the Distance: When using a computer, adjust the lighting and sit at least 20 inches away from the screen in order to reduce glare.</p>	<p>17 Board Boys: Sixty percent of skateboard injuries occur among youth under age 15. Most injuries occur among boys.</p>		<p>18 Big Bang: An eye is one of the most common body parts to get injured in a fireworks accident.</p> 	<p>19 Myth—You can wear out your eyes. Fact—Eyes do not wear out. You can use them as much as you want.</p>
<p>20 Size Wise: Each eye weighs ¼ ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.</p>		<p>21 Eye Catching: Children under age 15 account for 43 percent of all sports and recreational eye injuries.</p>	<p>22 Myth—If you eat carrots, you will have good eyesight. Fact—The vitamin A in carrots helps eyes function well, but it is just one important factor for good eyesight.</p>	<p>23 Emergency Urgency: Every 13 minutes, someone in the United States goes to a hospital emergency room for a sports-related eye injury. Protect your eyes!</p>	<p>24 Prevent the Event: Ninety percent of eye injuries could be prevented with better eye safety habits, such as using protective eyewear.</p>	 <p>25 The most effective sunglasses provide at least 98 percent protection from both UVA and UVB rays.</p>
<p>26 Night Owl: Many animals have good night vision. For example, on a moonlit night, an owl can see a mouse moving more than 150 feet away.</p>	<p>27 Myth—There is no need to check your eyes until you are in your 40s and 50s. Fact—Eye problems can affect people of all ages.</p>	<p>28 Batters Matter: Baseball is the leading cause of sports-related eye injury in kids age 14 and younger.</p> 	<p>29 Eye Wear: More than half of all people in the United States use some type of lens to correct their vision.</p>	<p>30 Vision Chronicles: The retina is about the size of a postage stamp. It has 130 million light-sensitive cells.</p>	<p>31 Reflections: Your dog's or cat's eyes glow in the dark because of tapetum, silver “mirrors” in the back of its eyes, which gives it superior night vision.</p>	



For more information and to order other healthy vision resources, visit <http://catalog.nei.nih.gov>.



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