



**Disclaimer:** This fact sheet is for educational purposes only. Please consult with your doctor or other health professional to make sure this information is correct for you or your child.

## A: Facts for Kids—Healthy Eyes

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### **Fact 1: Healthy foods help your eyes to be healthy too**

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Eating healthy foods can help our eyes work well. Fish, which has Omega 3, and milk, which is full of important vitamins, are great ‘eye foods’.

All fruit and vegetables are good for your body. Some that are especially good for your eyes include:

- broccoli
- cauliflower
- brussel sprouts
- carrots
- apples
- pears
- oranges.

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### **Fact 2: Protect your eyes from the sun by wearing sunglasses and a hat**

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Because the sun’s rays are so strong, you should never ever look directly at it, even if there is an eclipse, as you can burn parts of your eye. Just as we put sunscreen on our skin for protection, we need to protect our eyes from the sun by wearing:

- wrap-around sunglasses with lenses that meet the Australian Standard for UV block-out, and
- a hat with a wide brim.

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### **Fact 3: Make sure your eyes aren't tired by getting plenty of sleep**

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- If you don't get enough sleep you can experience blurry vision and poor concentration.
- Adequate sleep each night will mean that your eyes work well at school and when you are playing.

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### **Fact 4: Always use good lighting to see well**

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- Poor lighting may make your eyes feel tired.
- Good lighting helps you see well when you are reading, writing, drawing and using the computer.

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### **Fact 5: Keep your eyes clean**

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Sometimes you need to clean your eyes. It is best to get an adult to help you with this. First shut your eyes and then gently wipe with a clean tissue, face washer or towel.

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### **Fact 6: Protect your eyes when playing sport**

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- Eyes can be hurt when you play sport.
- Eyes can be protected by wearing a helmet. Make sure you wear a helmet when bike riding, skateboarding, rollerblading or riding your scooter, and when playing cricket or baseball.
- Wear goggles when you swim and if you already have weak vision in one eye, wear safety goggles whenever you play sport to protect your 'good eye'.
- Speak to your eye doctor or optometrist for more information.
- If you're not careful you could hurt another person's eyes, so never throw a ball or swing a bat, club or racquet directly near someone's face.

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### **Fact 7: Protect your eyes in the car and when crossing the road**

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- Always wear a seatbelt in the car.
- Be very careful when crossing roads; look carefully, hold an adult's hand and always use the pedestrian crossing.

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### **Fact 8: Protect your eyes when you use sprays**

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- Never spray or squirt anything from a hose, toy, can, bottle or tube near your eyes or someone else's eyes as it is very dangerous.

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### **Fact 9: Protect your eyes around sharp objects**

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- Eyes can easily be hurt by sharp objects like scissors, pens, pencils, sticks, rulers, knives and broken toys.
- To keep your eyes safe, never play with or throw sharp objects and never run with sharp objects in your hand.
- If you need to use sharp objects, make sure you hold the point, or sharp end, down and away from your face, or carry it in a container with a lid.
- Learn from an adult how to use sharp objects safely.

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### **Fact 10: Protect your eyes when you are near animals**

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- Sometimes animals can accidentally hurt people's eyes, so it is important always to be careful when you are around animals.
- Try to make sure an adult is always with you when animals are near, and never let animals get close to your face.
- Make sure that you never tease or hurt an animal, and leave them alone when they are eating.
- Always wash your hands before and after playing with animals.

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### **Fact 11: First aid for your eyes**

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- Don't be scared to tell adults if you have hurt your eye.
- If you think you have something in your eye, don't rub it as you might hurt it. Get help from an adult as soon as you can.

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The Statewide Ophthalmology Service (SOS), a network of the Agency for Clinical Innovation (ACI), a statutory health corporation, NSW HEALTH.