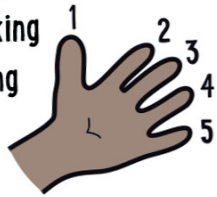
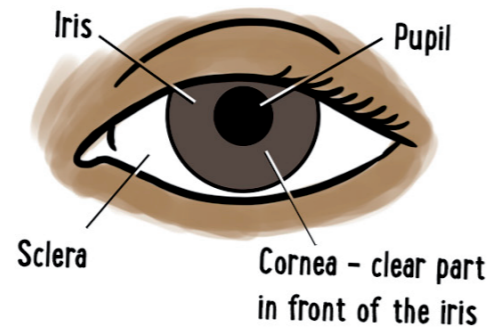


Eye Health and Vision – 10 messages for children to learn & share

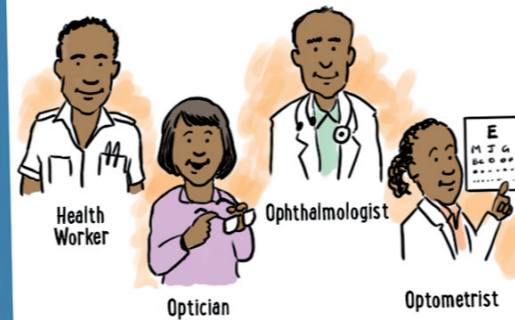
1. Keep eyes healthy by 1. Keeping hands, face and eyes clean and free from flies. 2. Eating food rich in Vitamin A like eggs and milk, yellow and orange vegetables and fruits and leafy greens 3. Being immunised 4. Getting help for itchy, red or infected eyes 5. walking carefully when holding sharp objects.



2. Our eyes are shaped like a small ball. The front part of the eye has a coloured circle, the iris, and a smaller black circle, the pupil.



3. There are several different kinds of eye health personnel. Some treat eye diseases, others test eyes and choose ways to help a person see better.



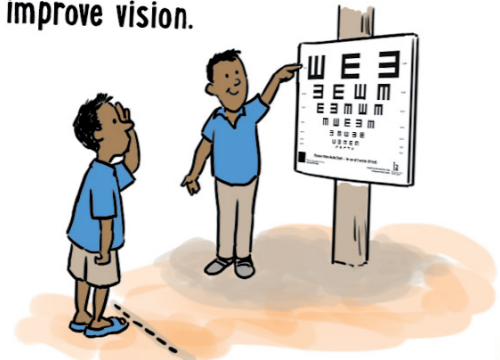
4. Children who cannot see clearly may need an eye test. They may hold a reading book too close, look at the floor, seem shy, don't want to play or copy class notes from another book close by.



5. Some children are born with small white dots in their eyes. This causes blindness and can be treated.



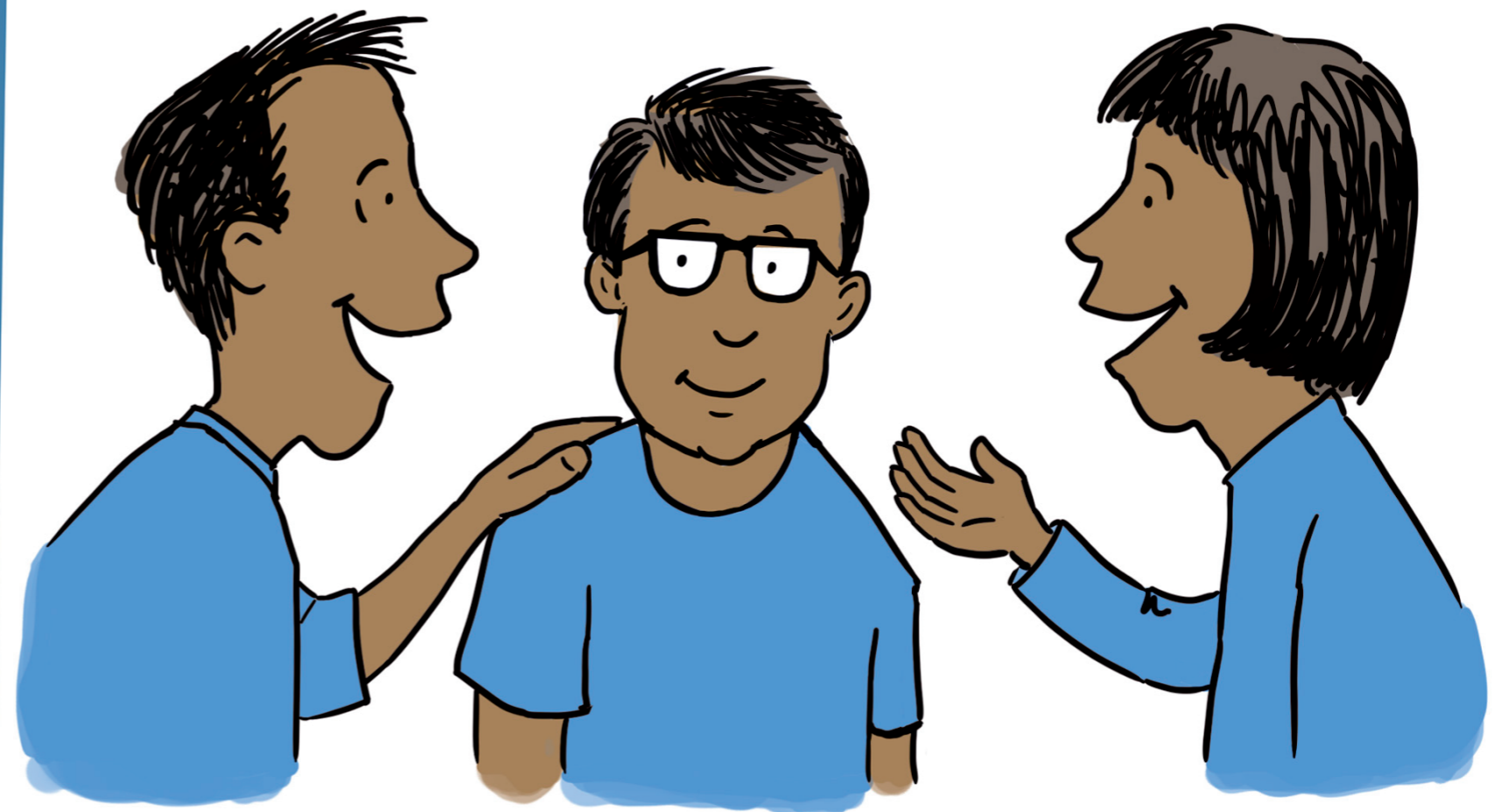
6. Eye checks find out why a person cannot see clearly and show eye health personnel what to do to improve vision.



7. Spectacles are the simplest way to correct short and long sight and help people see clearly.



8. When children get spectacles, there may be many reasons why they do not wear them. Friends, family and teachers can help to support them.



9. If an eye is hurt in an accident, wash with clean water and cover the eye with something clean and get help from a health worker fast.



10. When an eye looks pink or red, this might be conjunctivitis. The eye feels itchy, hot and sticky. Get help after a week if it is not better.

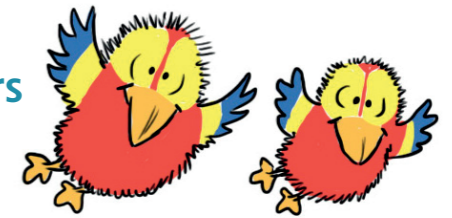


Twenty Messages

1. Keep eyes healthy by 1. Keeping hands, face and eyes clean and free from flies. 2. Eating food rich in Vitamin A like eggs and milk, yellow and orange vegetables, fruits and leafy greens 3. Being immunised 4. Getting help for itchy, red or infected eyes 5. Walking carefully when holding sharp objects.
2. Wash your hands properly before touching the T-zone on your face (eyes, nose and mouth), as this is where germs enter the body. Avoid touching the T-zone when you can.
3. To have a balanced healthy diet eat different foods of different kinds. Go, Grow and Glow for strong bodies and healthy eyes.
4. For the best eye health babies need just breast milk for the first 6 months. Breast milk contains Vitamin A.
5. Vitamin A pills can be given to young children once or twice a year. It helps protect their eyes.
6. Millions of parents all over the world take their children to be immunised to make sure they are safe, strong and protected from diseases like measles that can harm the eyes.
7. Our eyes are shaped like a small ball. The front part of the eye has a coloured circle, the iris and a smaller black part, the pupil.
8. The pupil lets in light, like a window, so that we can see. Structures inside the eye focus light so that we can see clearly. The eyelid helps to protect the eye and keep out light when we sleep. Tears carried by the eyelid across the eye, wash away dirt and help keep our eyes clean. That is why we blink. Eyelashes help to keep out dust, dirt and flies.
9. There are several different kinds of eye health personnel. Some treat eye diseases, others test eyes and choose ways to help a person see better.
10. Children who cannot see clearly may need an eye test. They may hold a reading book too close, look at the floor, seem shy, don't want to play or copy class notes from another book close by.
11. Some children are born with white dots in their eyes. This causes blindness and can be treated.
12. Eye checks find out why a person cannot see clearly and show eye health personnel what to do to improve vision.
13. Spectacles are the simplest way to correct short and long sight and help people see clearly.
14. Healthy children can have vision problems. As they get older, most healthy adults need spectacles or lenses to improve their vision.
15. Wearing spectacles to improve vision is vital for children and adults with vision problems to lead a normal happy life. Friends and family must encourage them.
16. When children get spectacles at first there may be many reasons why they do not wear them. Friends, family and teachers can help to support them.
17. If an eye is hurt in an accident, wash with clean water and cover the eye with something clean and get help from a health worker fast.
18. When an eye looks pink or red, this might be conjunctivitis. The eye feels itchy, hot and sticky. Get help after a week if it is not better.
19. Conjunctivitis spreads easily so a child with it must not touch others without washing hands properly. Do not share cloths used to clean infected eyes or share towels or bedding until the eyes are better.
20. If the eye has white or yellow sticky discharge, the germs might be bacteria. Antibiotic ointment must be used for 7 days or as instructed by a health worker.



Frequently Asked Questions About Our Posters



- **Where can I get the printed poster?** You cannot! You need to print it yourself. It is best printed in full colour on A3 size paper. Print the back too for reference or display.
- **Where to use it?** Schools, at home, health clinics, projects, clubs, religious groups etc.
- **Why are the faces of the people on the poster multi-ethnic?** This poster is for eye health and vision programmes around the world so we use multi-ethnic faces on all our posters.
- **Is it enough for children to just learn the messages?** The messages are designed as **doorways to discussion and action**. They are to understand and use, not just to memorise.
- **Do you have suggested activities too?** Yes! We have suggested activities in the pictures on this poster and we have a handbook full of activities linked to the messages.
- **How do I use the messages?** Be creative! Focus on one message or one topic for a week, month or term!
- **Can I add to, change, adapt, translate or simplify the messages?** Yes! **But check that your messages are accurate.**
- **Are there other important messages you have not mentioned?** Our messages are short and simple. You can create other short and simple messages for your programme
- **Some of the words and concepts look hard for children to learn.** Children love to learn new words and ideas. Take time to ensure they understand words and ideas that have lifelong importance, like: sclera, cornea, ophthalmologists, conjunctivitis, discharge, ointment. Ask children to practice and test each other until they know the words well.

Eye Health and Vision: What Can Children Do? A Basket of Ideas

- **EAT** lots of different fresh colourful food every day or week.
- **ASK** for more eggs, beans and orange and yellow fresh food like orange sweet potatoes.
- **WASH** your face and eyes with soap and help younger children too.
- (with an adult) **ADAPT** the EYE HEALTH AND VISION messages using your own words in your own language. **MEMORISE** the messages and **SHARE** the messages with many others.
- Create a **STORY** or **SERIES** of **IMAGINARY PICTURES** to help remember the messages.
- **FIND OUT** and **RECORD** the answers to questions like: Which mothers in your community breastfeed their babies and why? Are the children in our family immunised against measles?



For more information please contact Children for Health.