

KEEPING SIGHT OF EYE HEALTH

Part 1: Mark each statement below as “T” for True or “F” for False to “see” how much you know about eye health.

1. If your vision is 20/20, it means you have perfect vision.
2. Sun damage to your eyes is irreversible.
3. Eyeglasses and contact lenses provide adequate protection against eye injuries when playing sports.
4. Eating carrots will always improve your vision.
5. Too much time on digital devices can cause eyestrain and other problems.
6. Certain ethnic groups are more prone to eye disease.
7. Wearing glasses weakens your eyes.
8. Rubbing your eyes is harmless.
9. Myopia, or nearsightedness, can be cured.
10. Opticians and optometrists are the same type of doctor.

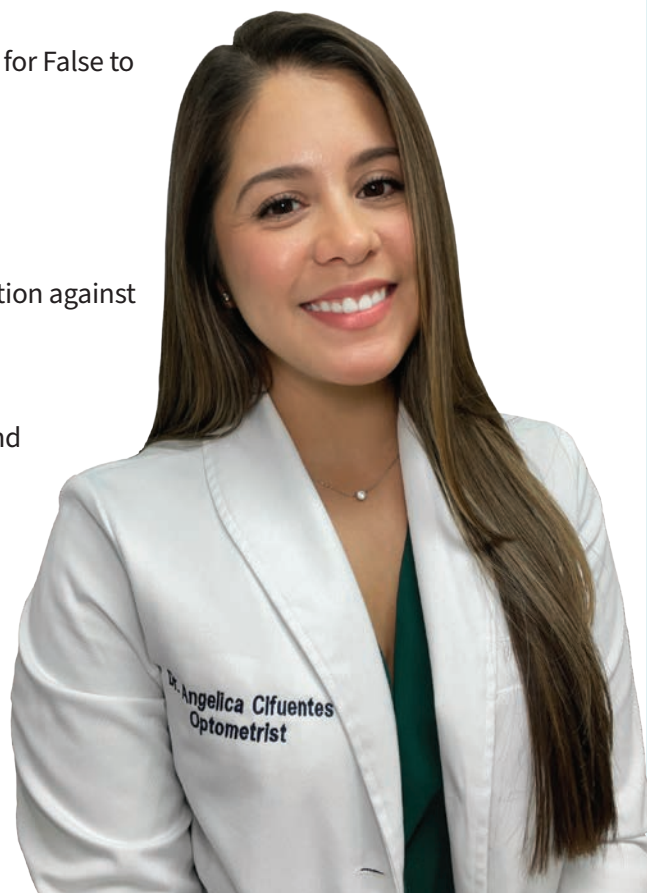


Photo courtesy of Dr. Angelica Cifuentes

Part 2: Spread the word! Work with your group to create awareness about the importance of protecting your eyes from the sun and non-visible and visible blue-violet light. Your outreach message might take the form of a public service announcement, a meme, a short video, a poster, or a pamphlet.

We all know that too much sun causes skin damage. But did you know its ultraviolet (UV) rays can also damage the eyes? Overexposure to blue-violet light from the sun and through constant use of electronic devices and screens can be harmful to your eyes. Here are some helpful resources to get you started:

- What Is Blue-Violet Light & Is It Bad For Your Eyes?: [transitions.com/en-us/blue-light/](https://www.transitions.com/en-us/blue-light/)
- What's Blue Light, and How Does It Affect Our Eyes?: [healthline.com/health/what-is-blue-light](https://www.healthline.com/health/what-is-blue-light)
- Computer Vision Syndrome: [aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome](https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome)
- Should You Be Worried About Blue Light?: [aoa.org/eye-health/tips-prevention/should-you-be-worried-about-blue-light](https://www.aoa.org/eye-health/tips-prevention/should-you-be-worried-about-blue-light)