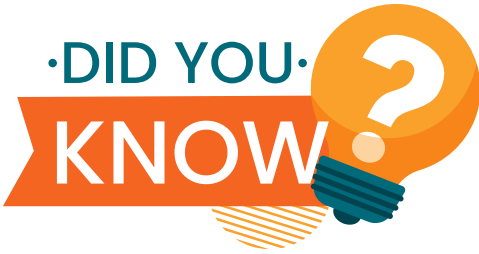


For my family:

Today Sammy Safe-Eyes taught us about the importance of good vision care! Below are some additional facts, resources, and next steps to ensure your child is seeing their best.



More than **1 in 4** school age children have a vision problem that affects their performance in school. Vision screenings are an important step in eye care but detect only 20-30% of vision problems in students. Getting an eye exam is the most effective way to ensure your child is seeing their best!

Some possible signs of a vision problem might include...

- Eyes turning in or out
- Disliking or avoiding close work
- Itchy or burning eyes
- Eye strain or tiredness when reading
- Squinting, closing or covering one eye
- Headaches, nausea, and dizziness
- Blurry or double vision

Your next steps...



Discuss with your child some of the things Sammy taught them today.

Observe and monitor your child's performance at school and at home to look for signs and symptoms of vision disorders as detailed above.

Schedule a comprehensive eye exam for your child, ensuring their eyes are healthy and seeing properly.

Donate to the Save our Sight Fund when renewing your license plate. This money funds Realeyes education and additional children's vision initiatives in Ohio.

For more information, resources or Sammy fun at home, access the "Community Resource Page" on our website or scan the QR code.

www.ooa.org/realeyes_community



Department of Health

Save Our Sight

