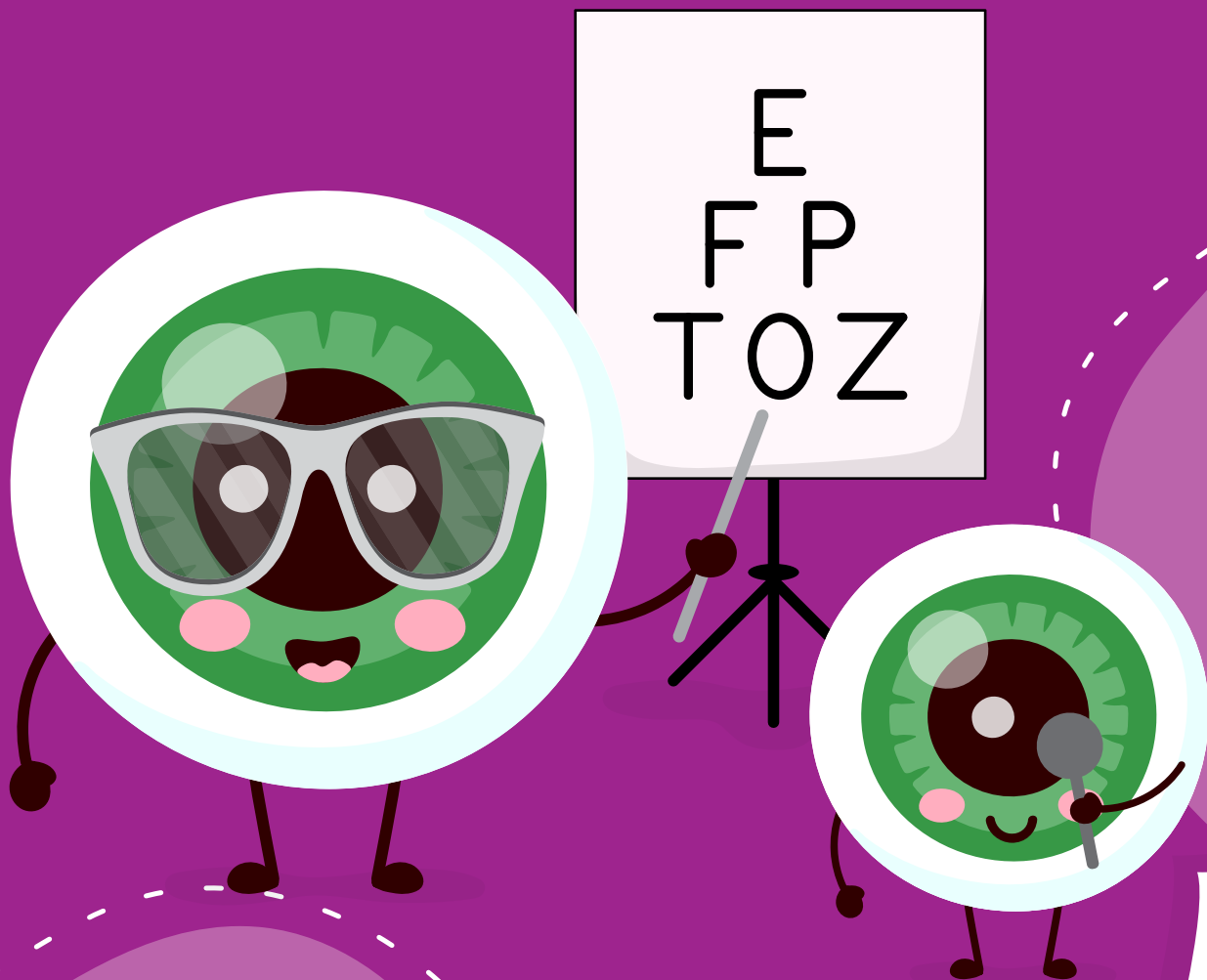


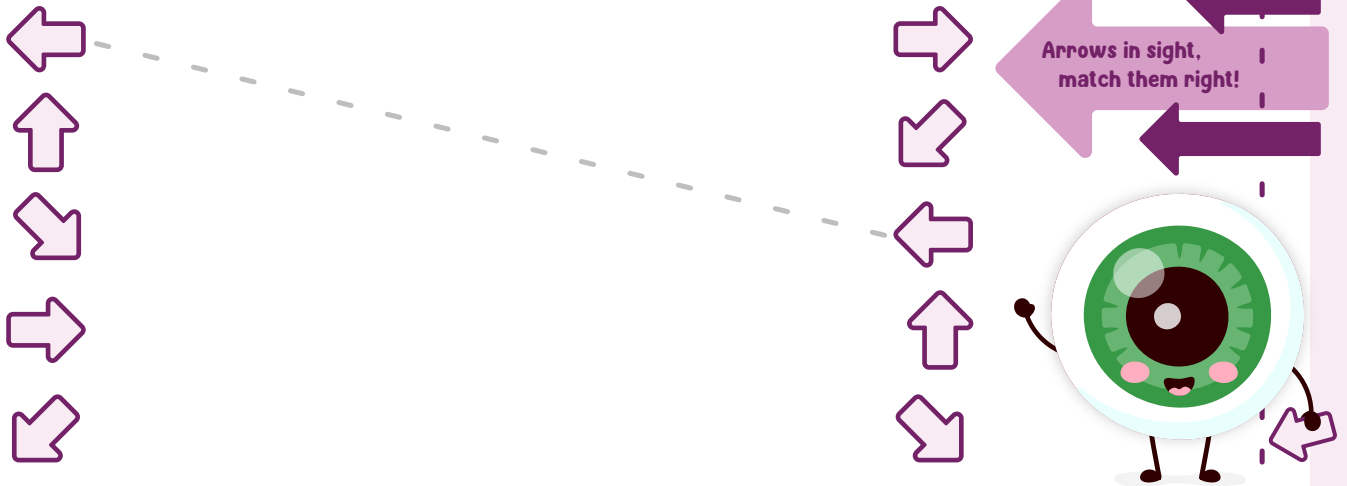
The Great eye check quest



For eyes to shine bright eye exams make it right!

Your eyes help you see amazing things—colors, faces, animals, and toys! An eye exam is a checkup where an eye doctor checks to see how well your eyes are working. You might look at pictures, letters, or lights—and it's all super easy and quick!

Can you match the arrow symbols?



Eye see you learning!

You're doing great!
Keep it up!



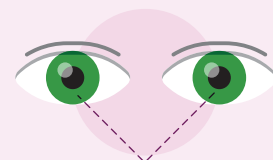
What will my eye doctor look for when they check my eyes!?

During your eye exam, your eye doctor will check how well your eyes work together to help you learn and see the world around you.



Visual Acuity

This helps to determine how well you see up close and far away.



Eye Alignment

This checks to make sure that your eyes are working as a team.

Let's take a peek into the eye doctor's office.

An eye doctor checks your eyes to make sure they're working right—so you can see everything in sight! Here are some special tools you might see your doctor use during your eye exam:



Vision Charts

Big or small signs with letters, shapes, or pictures to check how well you see far away or close up.



Autorefractor

A light machine that helps eye doctors check how your eyes focus on light.



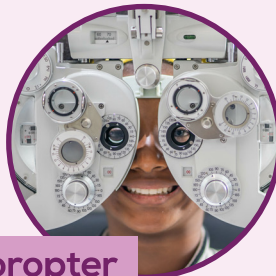
Slit Lamp

A special light and microscope the eye doctor uses to take a close look at your eyes.



Tonometer

This tool checks the pressure of your eye. It feels like a tiny puff of air hitting your eye!



Phoropter

A machine with lenses you look through to help the doctor find the clearest view for your eyes.



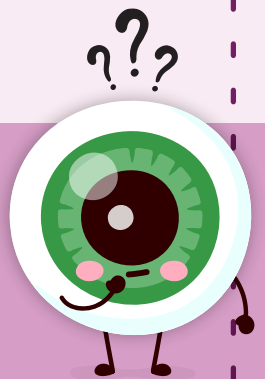
Checking the Retina

Your eye doctor may use a retinal camera to take an image of your retina or dilating drops to view the inside of your eye.

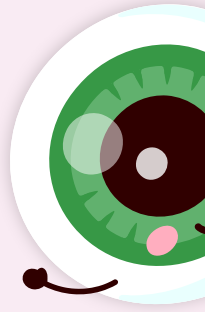


I'm having trouble seeing clearly! 
Will I need eyeglasses!?

After your eye exam, your doctor might give you a prescription for eyewear. It's like a special recipe just for your eyes that tells you what kind of glasses you need—just like a snack recipe tells you the right mix of ingredients for the best tasting treat!



5 ways to keep eyes healthy!



HYGIENE



Wash your hands

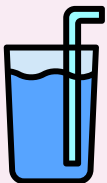
Keep your hands clean to avoid eye infections from bacteria, especially after being outside and at school.

NUTRITION



Eat your fruits & veggies

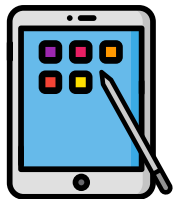
Foods rich in vitamins A and C are vital for vision.



STAY HYDRATED

Drink your water

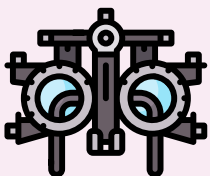
Water keeps dry eye irritation away and helps with making tears.



DIGITAL DEVICES

Take a break from screens

Give your eyes time to rest and rehydrate so they don't get too tired from looking at screens.



SEE YOUR EYE DOCTOR

Get regular eye exams

Eye exams keep your eyes in tip-top shape and make sure you can see your school work clearly.

How can I protect my eyes?



Wear sports eyewear to avoid eye injuries



Use sunglasses and wear a wide brim hat outside



Avoid sharp objects around your eyes



Get outside and play

Scan me!

For eye-mazing info



Sources:

Lazarus, Russel; "5 Ways to Protect Your Child's Vision"; Optometrists Network; <https://www.optometrists.org/>
Lazarus, Russel; "Healthy Eyes for Life: 8 Ideas to Teach Children"; Optometrists Network; <https://www.optometrists.org/>
"Comprehensive eye exams"; American Optometric Association; <https://www.aoa.org/>