

BACK-TO-SCHOOL CHECKLIST: EYESIGHT

BACK TO SCHOOL IS THE PERFECT TIME TO CHECK IN ON YOUR CHILD'S EYESIGHT. TAKE STEPS TO IDENTIFY MYOPIA OR NEARSIGHTEDNESS IN YOUR CHILDREN. ENCOURAGE THEM TO SPEAK UP IF THEY ARE HAVING HEADACHES, EYESTRAIN OR BLURRY VISION. ASK TEACHERS IF THEY NOTICE YOUR CHILD SQUINTING OR STRAINING TO SEE THINGS IN THE FRONT OF THE CLASSROOM. IF YOUR CHILD SHOWS SYMPTOMS OR EXPERIENCES VISION CHANGES, SCHEDULE AN APPOINTMENT WITH AN EYE CARE PROFESSIONAL. LEARN MORE FROM THE NATIONAL EYE INSTITUTE AT [N-E-I--DOT--N-I-H--DOT--GOV](http://NEI.DOH.GOV).