

## MYOPIA PREVENTION

What you can do at home to prevent your eyes from getting worse:

1. **Always wear your prescription reading glasses** when viewing anything within your arm's length or closer. This includes computers and tablets.
2. **Viewing distance** (the distance between your eyes and the screen/book) should never be closer than the distance from your elbow to your fist when your fist is placed on your chin (**VIEW IMAGE**).
3. **Ensure good lighting** when reading, using the computer and watching TV. Dark rooms are never a good idea.
4. **Two light sources** are recommended when reading; a room light and a direct light on the page or task.
5. **Avoid close viewing for extended periods of time.** After every page or 5 minutes spent looking at a page or screen, remember to look out a window and defocus.
6. **Give your eyes a break.** Children should have a break every 15 minutes. 30 minutes is recommended for teenagers.
7. **Balance is key.** In an ideal world, you should spend equal amounts of time outdoors using peripheral vision as indoors using central vision. Sports such as netball and soccer are great for promoting this balance. New research shows that children should spend a minimum of 80 minutes outdoors in the daylight every single day.
8. **Read globally.** When reading and using the computer, try to look for "less detail". Be aware of everything else peripherally around the book.
9. **Avoid screens. Minimise or eliminate small screens completely.** Use phones only for making calls and sending messages – no web browsing or Facebook viewing. Do that on a bigger screen further away from your eyes.
10. **Complete your maintenance vision therapy** as prescribed by your behavioural optometrist.



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