

## What you can do to keep your eyes healthy

When you read a book, use your smartphone, or play games, keep a good posture and do it in a well-lit room. Be sure to have a break.

Go outside and play in the sun. Remember to protect yourself from sunburn and heatstroke.

Go to bed early and get up early. Keep a healthy lifestyle.

Don't be a picky eater. Eat a healthy, balanced diet.

Have your eyes checked regularly by an eye doctor. Follow the doctor's instructions and wear glasses or contact lenses correctly.



**Rohto Pharmaceutical Co., LTD.**

1-8-1, Tatsumi-nishi, Ikuno-ku,  
Osaka 544-8666, Japan  
<https://www.rohto.co.jp/>



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# Eye Health Guidebook for Children

Children work very hard every day. They are busy with learning and physical activity. This is a guidebook to help children and their parents and guardians to understand eye health.



## Do you experience these things in your everyday life?

- ✓ You find it hard to read the blackboard in the classroom.
- ✓ You tend to squint to see better.
- ✓ You tend to hold a book or play games on your smartphone, tablet, or game console close to your face.
- ✓ You tend to sit close to the TV.

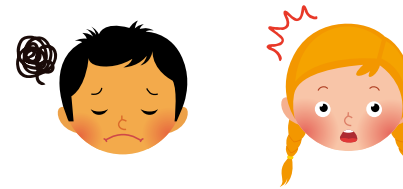


If these things often happen to you, you may have “myopia” (nearsightedness), which means you may have problems seeing things in the distance clearly.

### To parents and guardians

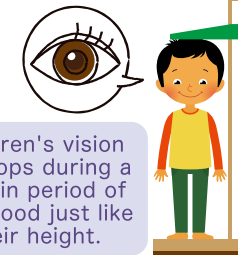
Children are often unaware of changes to their vision. You should go through the check items described above. If you still notice that something is wrong with your child's behavior, such as head tilting, squinting, rubbing their eyes, or blinking a lot, take your child to see an eye doctor as soon as possible.

The number of children with **myopia** is significantly increasing.



The eyes not only allow you to see, but also have an important function that affects your concentration and locomotion.

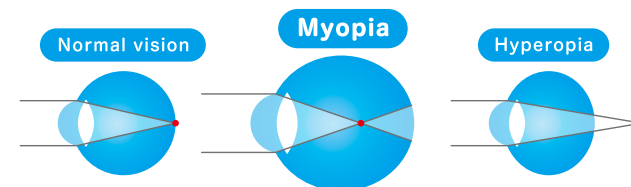
School age child development is not only about physical development but also vision development. It is important to have your eyes checked regularly and receive appropriate medical advice.



Children's vision develops during a certain period of childhood just like their height.

## Anatomy of myopia

If you have myopia, your eyeballs are too long from front to back. Light coming into your eye is focused too far forward in front of your retina instead of on your retina. You can clearly see objects that are close, but faraway objects look blurred or fuzzy.

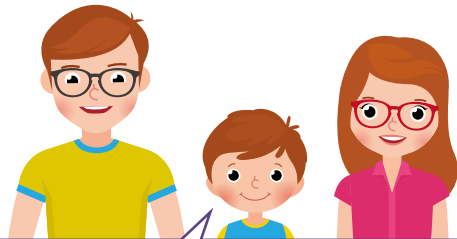


\* Cross sectional diagram of human eye

## What should I do if I have myopia?

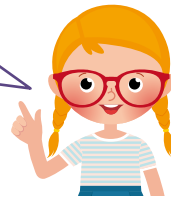
### Glasses or contact lenses can help you see better.

Have your eyes checked by an eye doctor before you use glasses or contact lenses. Have regular checkups at least once a year.



If I have many family members who have myopia, am I going to have myopia, too?

Not necessarily. There are things you can do every day to make you less likely to have myopia.



For example, here's what you can do to prevent myopia when you read a book, look at your smartphone, or play games on your smartphone, tablet, or game console close to your face.

- Keep a distance of at least 30cm\* between your book or screen and your eyes.
- When you read a book, keep the same distance between the book and both the right-hand and left-hand sides of your body.
- Keep your back straight.
- Read a book in a well-lit room.
- Look far away once every 20–30 minutes when reading, using a smartphone or playing games.



\* If you hold your book, smartphone, tablet, or game console too close to your face, your eyes may get tired easily and myopia may develop or get worse.

If you feel there is something wrong with your vision when you have a visual acuity test at school, talk to your parents or guardians and see an eye doctor as soon as possible.



#### To parents and guardians

It is important to seek medical care as soon as possible if your child experiences any vision changes. Take your child to an eye doctor for regular checkups to watch for any vision changes.

## What can I do for my eyes?

### Play outside

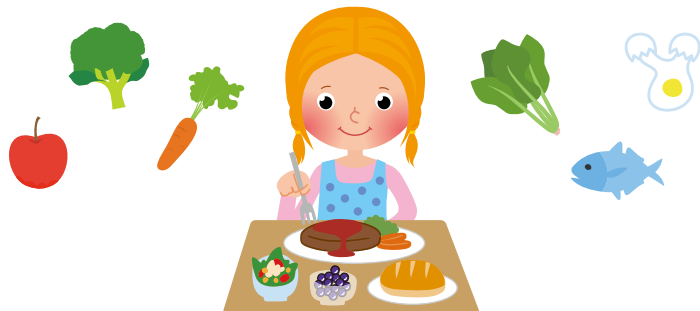
Go outside and be in the sun for at least 2 hours a day.

Protect yourself from sunburn and heatstroke.



### Balanced diet

Don't be a picky eater. Eat a good balance of meat and fish and plenty of vegetables and fruits.



### Go to bed early and get up early

Sleep is good for your eyes. Create a daily rhythm in your life.

Try not to use your smartphone or play games 2 to 3 hours before your bedtime.

