

Bookmarks and Mailing Inserts

Spread the word about good vision, eye health and safety by using this master to photocopy and trim a supply of bookmarks for classroom and library use. Bookmarks can also be distributed to parents on conference nights or included in mailings.

Did you know?

- ☞ Eighty-five percent of all learning occurs through vision.
- ☞ Eye examinations uncover many eye health and visual problems that go undetected in visual screenings.
- ☞ Eight percent of boys (but less than one percent of girls) have color blindness.
- ☞ Untreated visual conditions can result in poor academic and athletic performance and inattentive, disruptive behavior at school.
- ☞ Optometrists recommend that families obtain eye examinations for students prior to starting school, then once every year for ages 6 through 18.



605-224-8199
www.sdeyes.org

Protect your vision

Keep your eyes healthy and happy by following these six suggestions from South Dakota doctors of optometry:

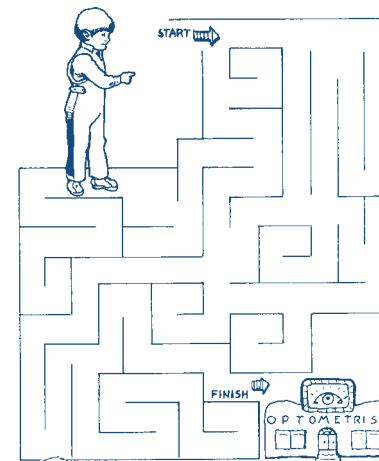
1. Obtain an eye exam prior to starting school, then once every year for ages 6 through 18.
2. Wear prescription eyeglasses and contact lenses as directed.
3. Wear appropriate safety gear (including protective eye-wear) when playing sports or using hazardous tools and chemicals.
4. Seek immediate professional help for eye injuries.
5. Wear sunglasses that block both ultraviolet A and B radiation when outdoors.
6. Maintain good general health with proper diet, rest and exercise.



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Here's a fun eye opener!

It's time to have your eyes examined. Use your vision and your pencil to find your way to the optometrist's office.



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Tips for computer users

Make your computer more "eye friendly" by following these tips from South Dakota doctors of optometry:



Position the screen 20 to 26 inches from your eyes, and slightly tilt it away from you.

Place keyboard at a height that allows your wrists, forearms and elbows to be straight and parallel with the floor.

Sit straight in a comfortable chair and keep your feet flat on the floor.

Break frequently (five minutes every half hour) to rest your eyes.



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