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.

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 eyewear) 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.

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.

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.

Did you know?

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www.sdeyes.org

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For more information, contact: South Dakota Optometric Society
Box 1173 • Pierre, SD 57501 • 605-224-8199 • www.sdeyes.org