



Understanding myopia

What is myopia?

Also known as 'shortsightedness' or 'nearsightedness', myopia means that a person cannot see objects far away clearly. Regular eye exams are important to detect and treat myopia early, and gives a child the best chance of healthy eyes and good vision long-term.

Signs of myopia that indicate your child may need an eye exam



Eye rubbing, squinting, closing one eye to see or having trouble seeing the board in class



Sitting too close to the tv, headaches and squinting



Holding a book too close to see it clearly, underperforming at school



Not seeing clearly through their current glasses

Tips to protect your child's eyes and prevent myopia



Have regular eye exams



Spend at least 90 minutes outdoors every day



Take breaks during near activities



Wear glasses as instructed by your eye care professional

Follow the 20-20-20 rule to help prevent myopia or slow down its progression



After **20** minutes of prolonged, near work, take a break...



...to look at something in the distance **20** feet (6 meters) away...



...for **20** seconds