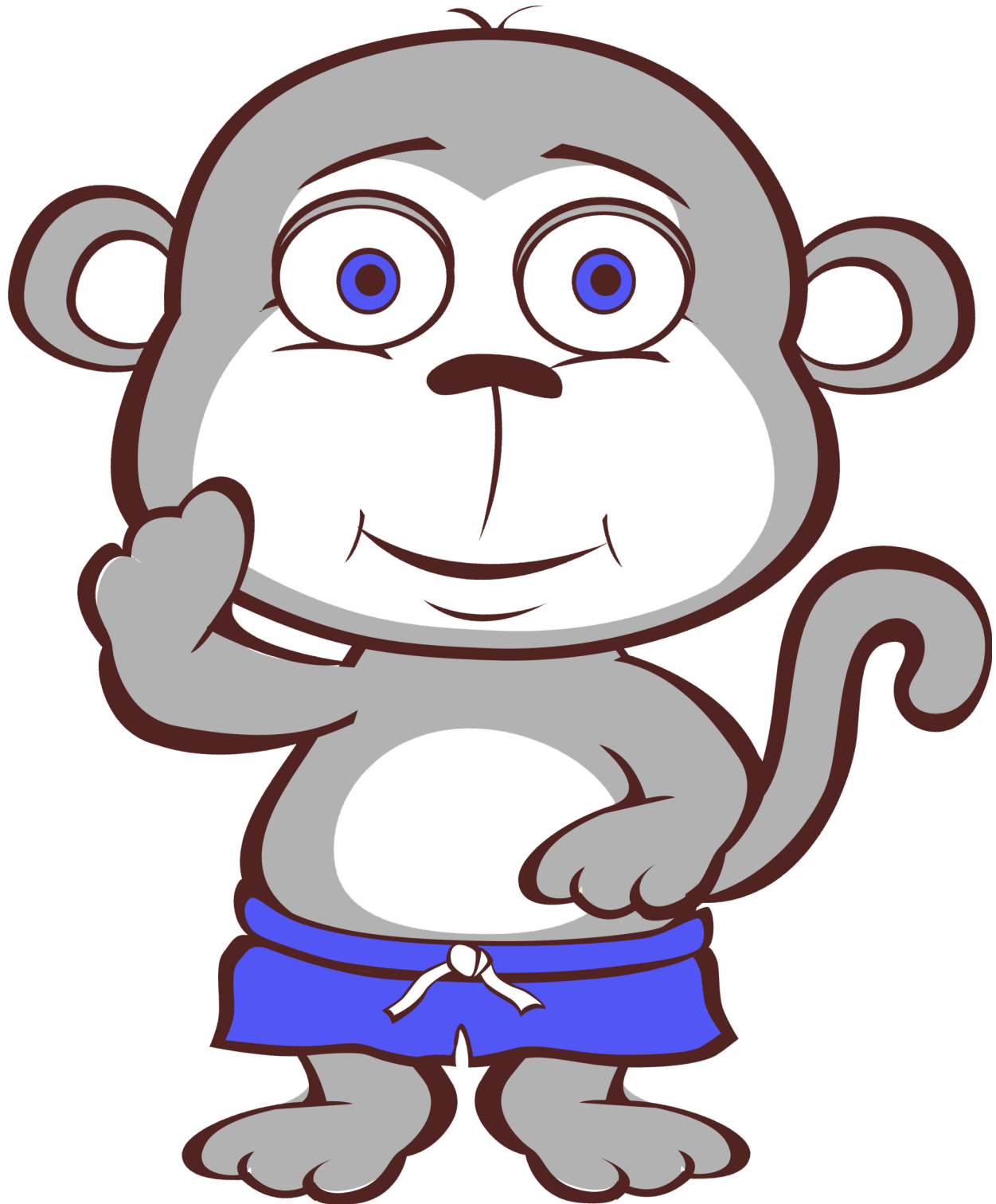


We Need Our Eyes to See



Sammy Safe-Eyes

Ohio Optometric Association • 800-874-9111 • www.ooa.org

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For My Family:

Today I took part in a special program called Realeyes. Sammy Safe-Eyes taught us about eyes and the importance of good vision care. The sense of sight is very important to learning. 80% of what a child learns is through vision. Sammy Safe-Eyes helped me learn how important my vision is and that it is best to protect my eyes from the sun and while playing sports.

An important step in making sure I am seeing my best is a trip to the eye doctor for an exam. An eye doctor can detect and treat eye conditions that could slow my progress in school. Do you know if I have any of the following vision conditions?

- ♦ Amblyopia (lazy eye) - reduced vision that is not correctible by glasses or contacts
- ♦ Hyperopia (farsighted) - cannot see near objects clearly and/or complains of eye strain
- ♦ Myopia (nearsighted) - cannot see objects that are far away clearly
- ♦ Convergence Insufficiency - eyes do not work together
- ♦ Accommodative Dysfunction - trouble focusing
- ♦ Strabismus - eyes do not point in the same direction
- ♦ Astigmatism - the cornea or lens is shaped irregularly causing both near and far away objects to be blurry

Parents often believe they can tell if their child has an eye problem just by looking at them. This is not true. The only way to make sure I have healthy eyes is by visiting our local eye doctor. The Ohio Optometric Association recommends that children have regular eye exams even if I see OK.

Have you taken the steps to make sure I am ready for school? If you need help finding me an eye doctor in our area, visit www.ooa.org and click on "Find an Optometrist," or call 800-874-9111.

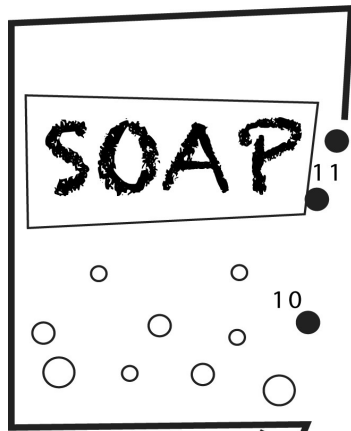
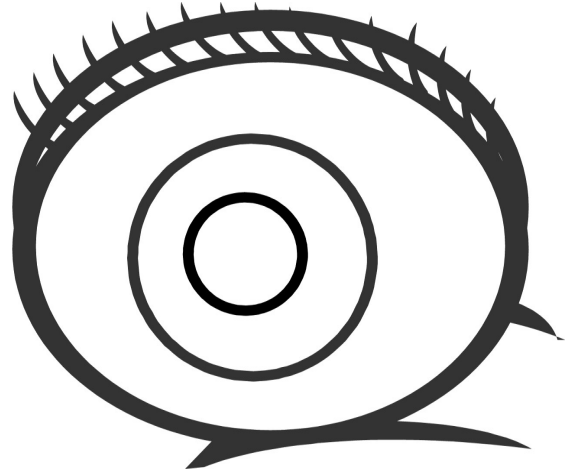
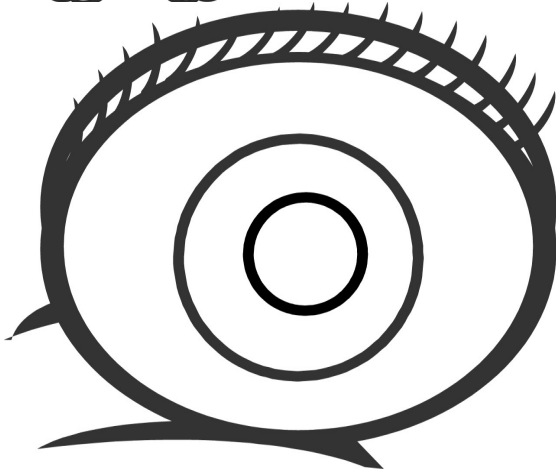
Signed: _____





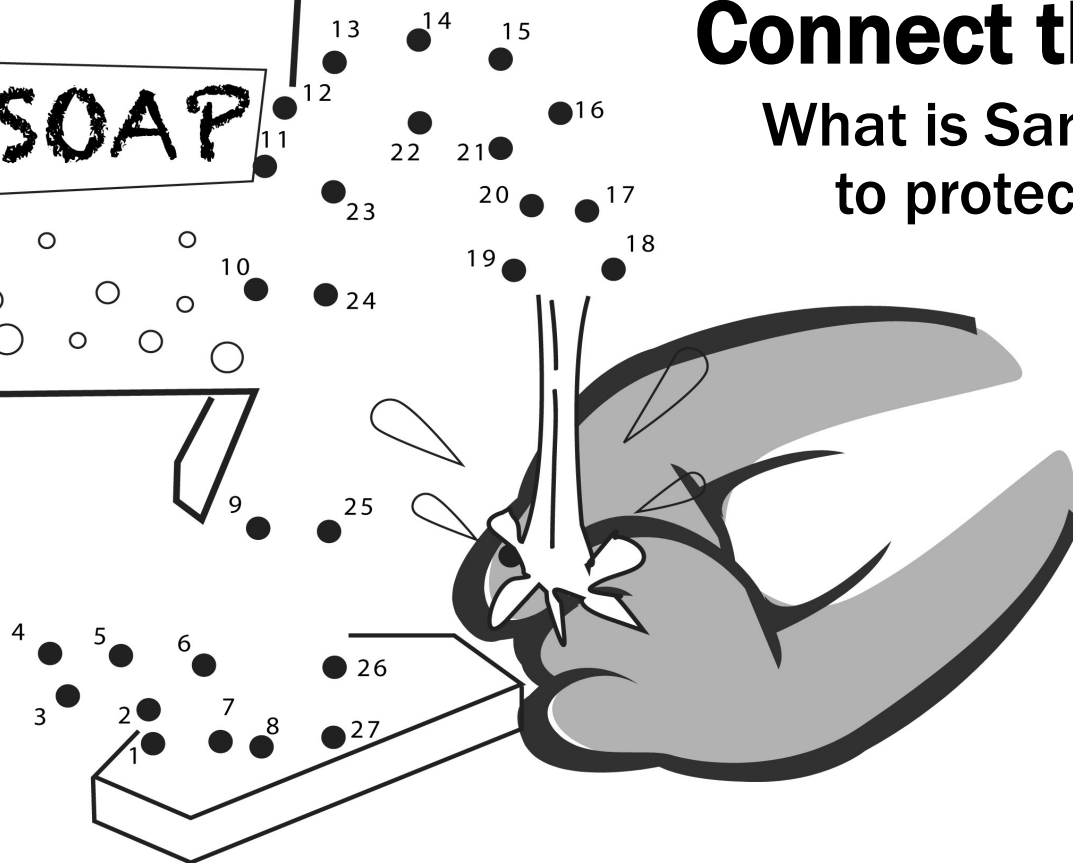
What **color** are your eyes?

Color the **pupil** black.
Color the **iris** the same color as your eyes.



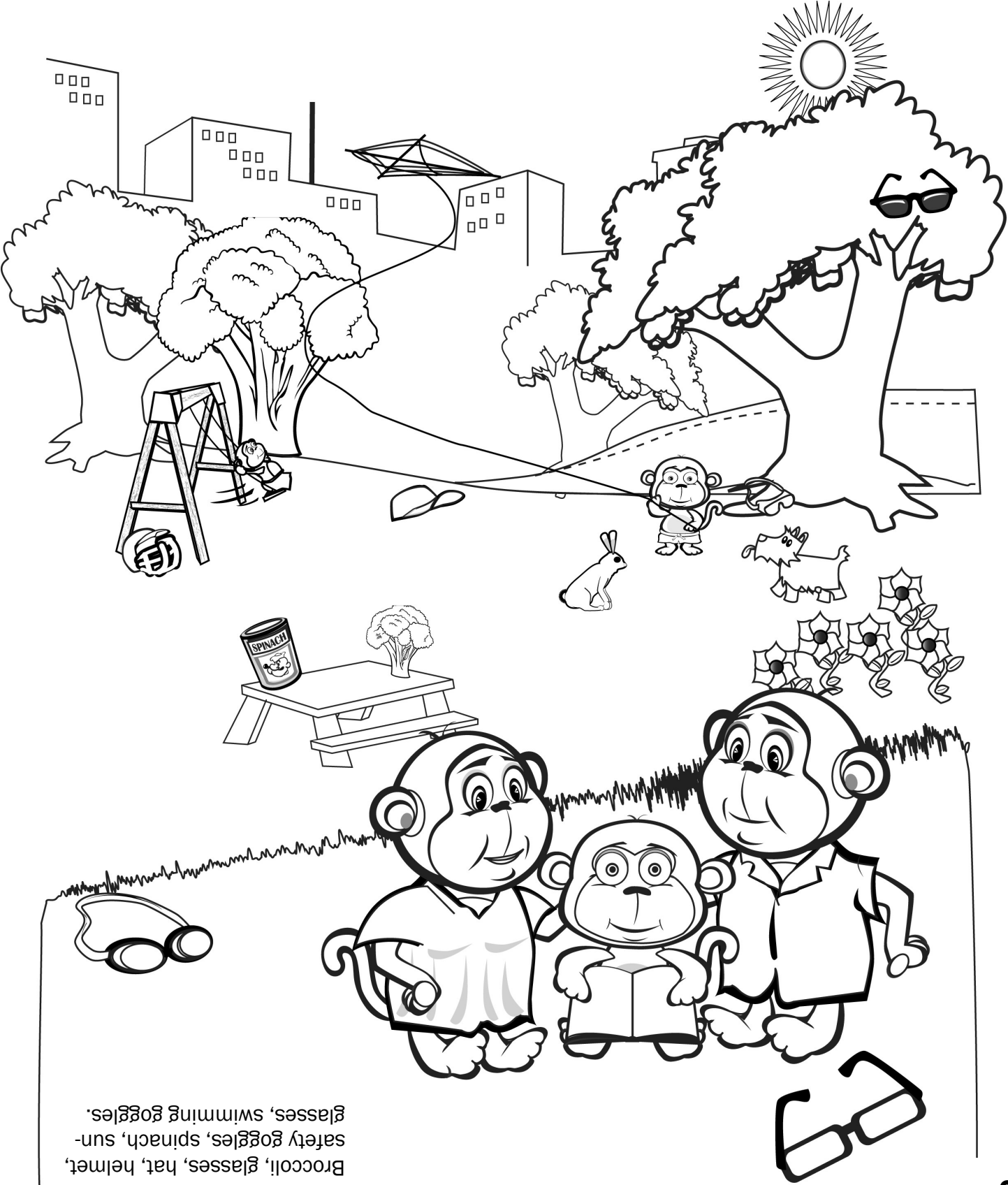
Connect the Dots

What is Sammy doing to protect his eyes?



out the day,
ct dirt and
n our hands,
se germs are
ansferred when
f our eyes, which
is our chances
g sick.
f our hands a lot
rubbing our eyes
o us from getting
the flu.

Circle the objects that keep Sammy's eyes safe and healthy.



Broccoli, glasses, hat, helmet,
safety goggles, spinach, sun-
glasses, swimming goggles.

“We Need Our Eyes to See”

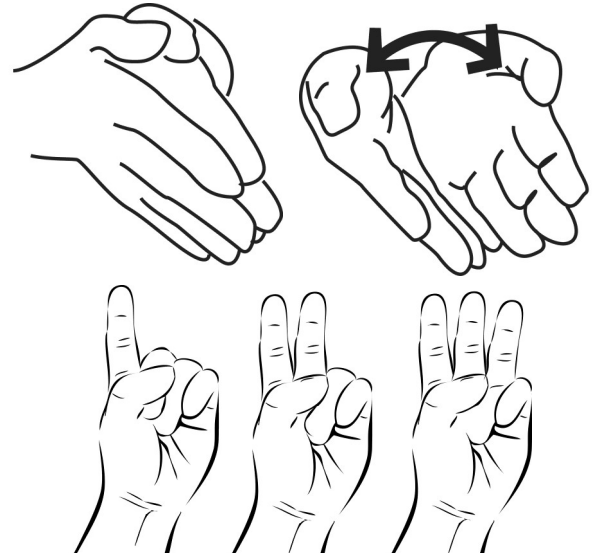
(To the tune of “The Farmer in the Dell”)

We need our eyes to read,

We need our eyes to read,

Our ABC’s and 123’s

We need our eyes to read!



We take care of our eyes,

We take care of our eyes,

We go to see the eye doctor,

We take care of our eyes!

Give yourself a hug

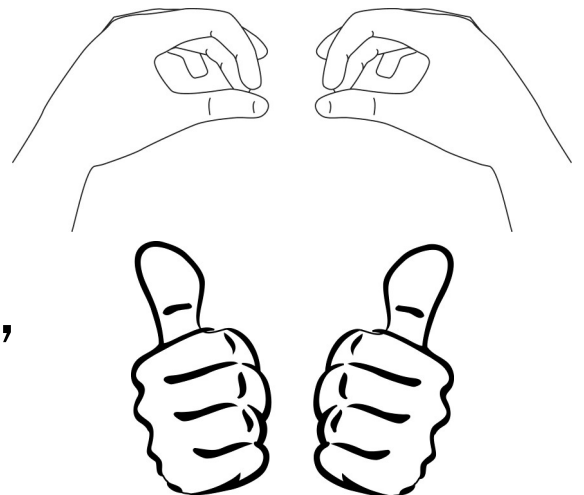


We wear our safety goggles,

We wear our safety goggles,

Our eyes are safe & healthy now,

We wear our safety goggles!



Help Sammy Protect His Eyes!

Cut out the hats and glasses on
pages 5 & 6 and glue them on
Sammy on page 7.
Take a picture and share
your creation with us at
sos@ooa.org.

