

Look after your kids

An eye-safe home

Look around the house and:

- Remove sharp objects
- Lock away chemicals
- Put tools out of reach

Think carefully about toys and machinery, and avoid or delay buying and playing with:

- Air guns
- Darts
- Bows and arrows
- High speed tools

until children are old enough to use them carefully.

Teach good habits

Show children how to walk carefully with scissors and pencils, and to never point toys that shoot at anyone's head.



Get checked

Have regular checks

Everyone should have regular eye examinations. Many eye problems can be cured if picked up early.

Babies	• At birth
Children	• Before starting school
Teens to 30s	• Every 3-5 years
Over 40s	• Every 2 years
Over 60s	• Every year

If you have vision problems or a family history of eye disease, make the visits more frequent.

Get help if things aren't right

Don't delay getting your eyes examined if you notice anything wrong.

If you experience:

- Pain
- Blurred vision
- Redness
- Floaters
- Double vision
- Flashes

or any other unusual symptoms, you may have a serious condition. The good news is that many problems can be treated if you seek help early.

Taking care of your eyes



Looking after something very precious

© Dr Malcolm McKellar 2014
www.drmalcolmmckellar.co.nz

f drmalcolmmckellar

eyedocnz

Your sight is precious

It's easy to take good vision for granted until it's too late, but there are many simple things you can do to increase your chances of seeing well for life.

Protect your eyes

Most eye injuries occur at home and 90% are preventable.

At home

Wear goggles when working in the garage or garden, especially if using tools such as hammers, drills, lawnmowers and weed eaters. Also wear eye protection when working with chemicals, especially alkaline cleaners and car batteries.

At play

- Wear eye protection when playing sports, especially those with small objects such as squash balls and paint balls
- Never pull bungee cords towards you when tying on bikes and roof rack loads
- Wear protective glasses when fishing
- Watch public fireworks displays rather than having your own
- If handling fireworks, stand well back after lighting
- Never point fireworks at anyone
- Don't shake champagne bottles
- Cover champagne corks with your hand when opening

At work

Make sure everyone is safety conscious

- Put reminder posters on the walls
- Get everyone to wear safety glasses and shields when using tools or chemicals
- Think about how your work could injure others
- Set up eye wash stations and practice using them

In the sun

UV damages the delicate structures of the eye. Avoid being outside during the hottest part of the day, and wear sunglasses with wide side 'arms' and a broad brimmed hat.



Healthy bodies, healthy eyes

Eat well

Foods that are rich in vitamins, antioxidants and Omega-3 help keep your eyes healthy. Eat lots of brightly coloured fresh fruit and vegetables every day, and oily fish, like salmon or tuna, every week.

Keep well

Exercise. It's also good for your eyes! Make sure that high blood pressure and diabetes are discovered and well-treated. People with diabetes need extra checks to prevent vision loss.

Don't smoke

Smoking is the biggest cause of preventable blindness.