

SIGHT CLUB

THE RULES



1. Wear your glasses.

Your glasses help you see better, especially when they're clean and free of smudges.



2. Keep the germs away.

Always wash your hands before putting them close to your eyes, especially if you're putting in or taking out contact lenses.



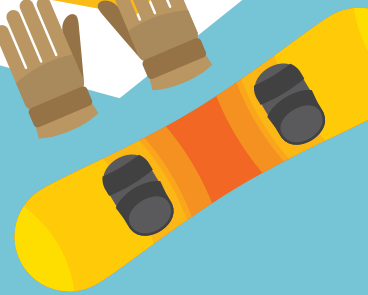
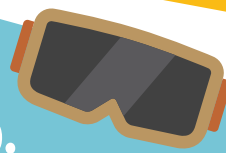
3. Eat right to protect your sight.

Keep your eyes healthy by eating a well-balanced diet. Load up on different types of fruits and veggies.



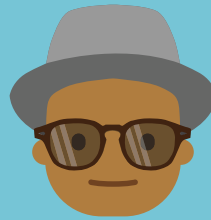
4. Gear up.

Playing your favorite sport? Wear the right protection to keep your eyes safe.



5. Wear your shades.

The sun's rays can hurt your eyes. Choose sunglasses that block 99% or 100% of both UVA and UVB radiation from the sun.



6. Get moving.

Did you know that kids who exercise often have a healthier body weight than kids who don't? Being overweight can put you at higher risk for conditions that can lead to vision problems.



7. Give your eyes a break.

Do you spend a lot of time looking at a computer, phone, or TV screen? Staring at any one thing for too long can tire your eyes.



8. Say NO to smoking.

Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.



9. Get your vision checked every year.

Ever have trouble seeing things at school? Tell a parent or teacher if your eyes are bothering you or if you notice any changes in your vision.



10. Tell everyone about Sight Club! Talk about it!

Does anyone in your family have issues with their eyes? Talking about eye health with your family can help all of you stay healthy.

