



**Your child should**



- Have regular eye and ear checks
- Wear sunglasses and a large hat outdoors
- Wear ear protection in very noisy places
- Spend at least 90 minutes outdoors every day to reduce the risk of needing spectacles
- Take regular breaks when using digital devices and during close-up activities.
- Follow the 20-20-20 rule by taking a 20 second break to look at something 20ft/6m away every 20 minutes, to reduce eye strain and headaches
- Wash their hands before touching their eyes and ears
- Use their own personal towels
- Avoid rubbing their eyes vigorously
- Have their ears checked if they have a cold that is not improving, or if there is pus/fluid coming out their eyes and/or ears
- Be up to date with their vaccines, especially for rubella, measles, mumps and meningitis.

**Your child should not:**



- Swim or wash themselves in dirty water
- Insert objects into their ears, including cotton buds or candles for removing ear wax
- Use eye or ear medication that does not belong to them or was not prescribed for them.