



Lesson one: Vision and eye health information in primary eye care

Many vision and eye health problems can be prevented or helped by taking good care of our eyes. That is why sharing vision and eye health information is an essential part of primary eye care.

Vision and eye health information can include:

- Helping people to understand vision and eye health problems
- Teaching people what they can do to take care of their eyes
- Advising people when and how to use eye health services.

When sharing vision and eye health information it is important to:

- Share information that is easy to understand and relevant for the person
- Communicate respectfully.

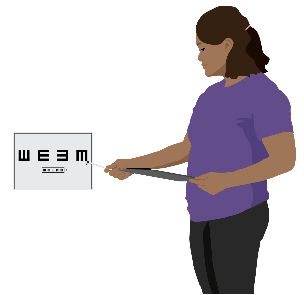


Lesson two: Essential vision and eye health information

Vision and eye health information for people of all ages

Five messages

1. Have regular vision and eye health screens
2. Wear eye protection when needed, for example sunglasses and hats when outside, and masks when working with tools or chemicals
3. Avoid eye strain
4. Stop smoking
5. Prevent and treat eye infections early.



Vision and eye health information for children, parents and caregivers

Five messages

1. Immunization can protect a child's vision and eye health
2. Good nutrition supports vision and eye health
3. Spend at least 90 minutes outdoors every day
4. Wear spectacles correctly
5. Know the signs of vision problems in children.



Vision and eye health information for older adults

Five messages

1. Make lifestyle changes
2. Take medication correctly
3. Manage diabetes
4. Manage high blood pressure
5. Know the signs of vision and eye health problems.

