



Maintain good **screen distance**



Yummy **fruits and vegetables** on your plate



Outdoor play in sunlight every day



Pause for regular **screen breaks**



Improve room **lighting** when on screens



Appointment with an **eye doctor** once a year

NATIONAL
Myopia
WEEK 2026
14-20 NOVEMBER 2026
A JAN ANDOLAN TO PROTECT CHILDREN'S VISION