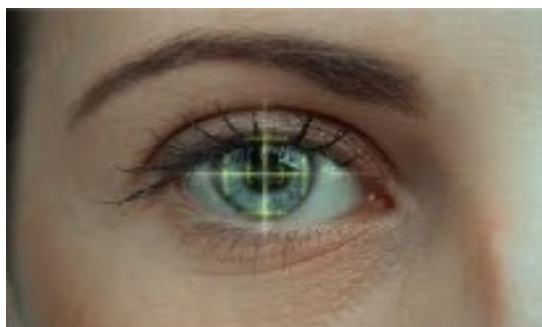




*A collaborative approach to personal and community health through education, prevention, and healthcare services*

**August is Eye Exam Month for Adults, and for the Children, it is Eye Health and Safety Month**

For many of us, August signals an almost end to summer vacation and a reminder to prepare our children for the classroom and athletics, while you are at it, time to schedule the adults also.



Good vision and eye protection go a long way to success in school. Not only that but protecting those blue, brown, green and hazel eyes on and off the court should be a priority, too.

During Children's eye health and safety month, parents be sure to schedule a routine eye exam. Have them fitted with the correct prescription lenses and depending on their required needs.

Make sure students wear the required protective gear for their classes and athletic activities, too. Schools provide all the proper gear in chemistry, automotive and other courses and educators are trained to show students how to use them. Encourage your students to follow the teacher's instructions for their own safety and others.

**HOW TO OBSERVE**

Schedule an eye exam for your student and have a talk about eye safety. Get ready for the new school year and you'll have a successful and healthy one, too!

#ChildrensEyeAndSafetyMonth

For the adults in the household, check with your optometrist to see when you are due for a comprehensive vision exam. If you are experiencing symptoms, be sure to make an appointment as soon as possible. For more information visit [cdc.gov](https://www.cdc.gov). Use #NationalVisionExamMonth to share on social media.

Sincerely,

Del Norte Healthcare District Board of Directors  
Kevin Caldwell, M.D.  
Michael Young  
Elizabeth Austen  
Tonya Pearcey, R.N.  
Juan Santillan

Sources:

<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids>

<https://www.optometrytimes.com/view/5-reasons-observe-national-eye-exam-month>

[nationaldaycalendar.com](https://nationaldaycalendar.com)

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