



DHRM HR Highlights August 2022

Keeping Your Child's Vision Healthy

Does your child or grandchild know what to do when they get something in their eye? How about if they get hit with a ball and their eye starts to swell? It's important for kids to learn how to take care of their eyes and know what to do if they're injured, so they can act fast and get help. [CommonHealth](#) offers some tips for parents and grandparents during National Children's Eye Health and Safety Month.



Photo credit: National Eye Institute

Good handwashing is important when it comes to keeping irritants and germs out of children's eyes. Make sure they wash for as long as it takes to sing the "Happy Birthday" song twice and that they rinse all of the soap off of their hands completely.

One of the most common eye injuries for kids is getting hit in the eye with an object, like a ball, rock, or an elbow. If that happens, they can place a cold compress on their eye for about 15 minutes to help the pain and swelling go down.

Getting something in the eye, like dust or sand, is also common. It can hurt and make kids want to rub their eyes. Instead, wash the eye out with water. Do the same if a chemical splashes into their eye—for at least 10 minutes.

Kids should always tell an adult if they've had an eye injury. They may need to go to the doctor. Good eye health involves eating a well-balanced diet full of fruits and vegetables, getting enough physical activity, washing your hands before putting them near your eyes, and wearing protective gear during sports activities or science class.

To learn more about your vision and lots of other important health topics, visit the [CommonHealth website](#) to find practical tips to help you live and work well!