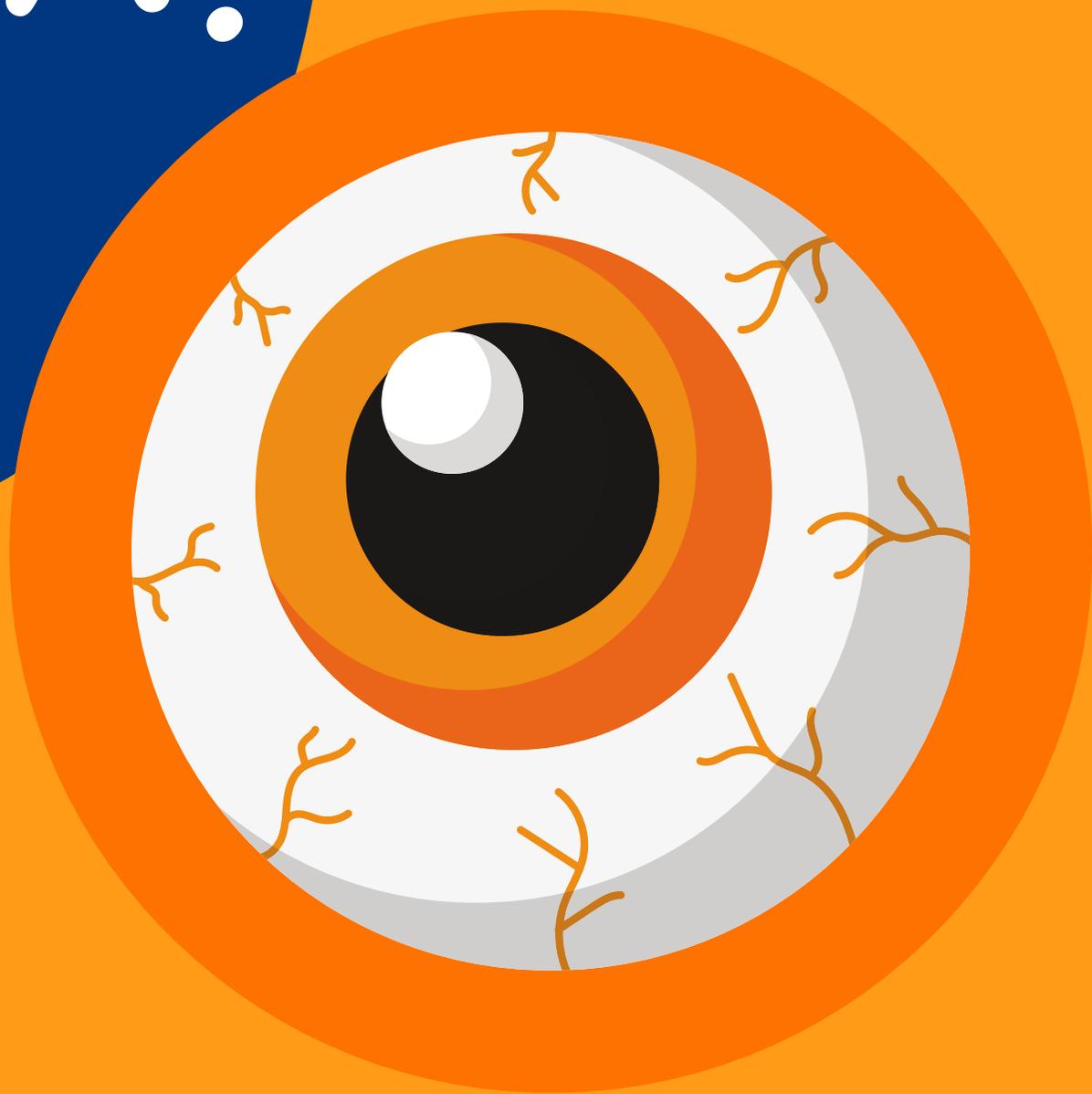


WHAT IS MYOPIA?



North London's Eye Hospital
www.my-iclinic.co.uk

MYOPIA (Nearsightedness)

When a person becomes myopic they will have a difficulty seeing objects clearly- **everything becomes blurry**. This happens because we don't get enough daylight in our routine. As our eyes adjust to unnatural (artificial) lighting from staying inside too long, our ability to see clearly decreases because our eyes start to grow longer. The more we stay indoors, the more our eyes grow and eventually our vision will be blurred.



When we grow older **it is very important that we keep our eyes protected**. This starts by being outdoors at a younger age and replacing any activities and hobbies you would do indoors to outside.



Here are some causes of Myopia that stop you from seeing clearly. When you become teenagers and adults these habits contribute to eye damage and wearing glasses:

Only reading and studying indoors instead of outdoors

On phones, tablets, computers and games for long periods of time (without screen breaks)

Not having enough daylight after school hours

What can I do to protect my eyes from myopia?

Get outside and enjoy the daylight!

Spend less time gaming, texting and watching a screen!

Read, study and do your favourite hobbies outside!



Remember...

Less screen time make your eye balls shine! Instead of texting why not meet up with friends outside?



MYOPIA

It is very easy to stay indoors, we know!

But can you think of **three activities** you like to do indoors and invent a new way of doing these hobbies outside?

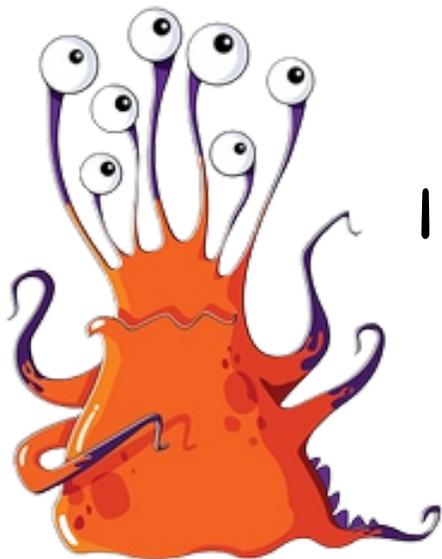
Be as inventive as you can! Go Crazy!

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You think you've got problems?
I have 7 eyes to take care of...