

VISION
FIRST!

WHAT IS WORLD SIGHT DAY?

World Sight Day (WSD) is an international day of awareness, held annually on the second Thursday of October to focus attention on the global issue of eye health. This year World Sight Day falls on 10 October 2019.

This year's WSD call to action is:

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There are 1.22 billion people around the world, millions of whom are children, who are blind or vision-impaired because they do not have access to an eye exam and glasses.

Nine-year-old Paul was living on the streets in Kenya after being abandoned by his parents. Paul also had an additional challenge as he has an unusual vision impairment with one eye being near sighted and the other far sighted. His daily life was difficult to say the least.

Fortunately, the head teacher of a local school for vision-impaired students noticed Paul foraging on the streets and struggling with his vision. The teacher was able to enrol Paul in his school and get him the care he needed at a funded vision centre.

Paul is now off the streets and flourishing at school.





Life at school with an eyesight condition

🕒 11 Oct 2018

World Sight Day is held each year, on the the second Thursday of October, aiming to draw attention to the world's blind and partially sighted people.

Annabel has a condition called optic atrophy, which means she can't see very well.

It means that Annabel might struggle to read the board in her classroom or do her homework.

Watch as she explains how she uses a special camera, brail keyboard and crystals - that magnify writing - so that she can do her school work.





Goalball

Look after your sight

1. Dump that old mascara: out-of-date eye makeup can cause eye infections as bacteria can build up in your products over time.
2. We've all been told that eating carrots is the key to healthy eyes but, while carrots are a good source of Vitamin A, which is important for the eyes, in reality, it's more important to have a balanced diet with **all types** of fruit and vegetables.
3. Say no to fancy dress contact lenses. Don't take risks with your sight.
4. Don't be tempted to reach for eye whitening drops. Some drops reduce redness by temporarily decreasing blood flow and constricting blood vessels in the eye, which can cause problems
5. If you want to keep your eyes in tip-top shape, the best thing you can do is to have regular eye examinations with an optician