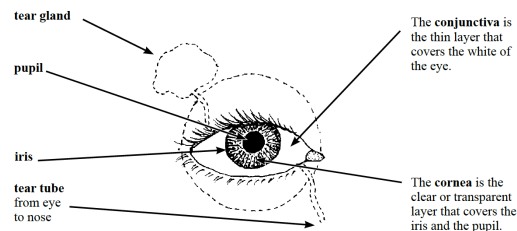


HAVING GOOD EYES

1. EYE CARE

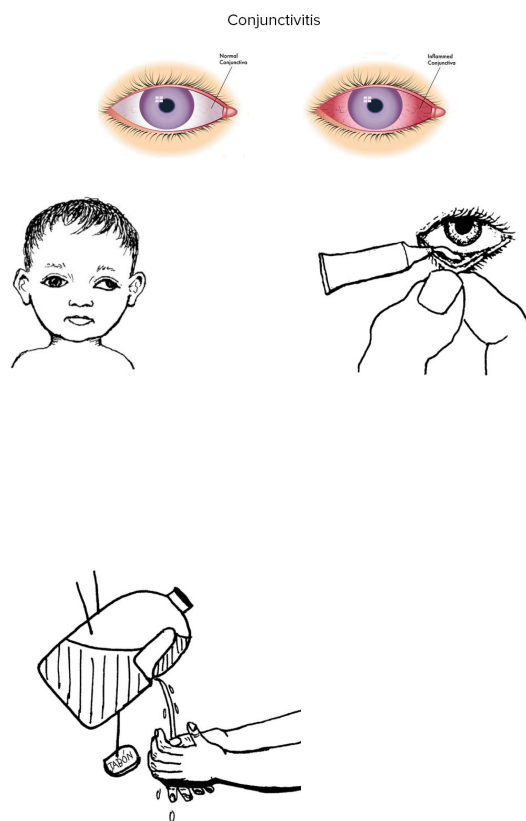
- Proper eye care is important
- Rinse eyes only with clean, boiled water that has cooled
- Don't rub your eyes with dirty hands
- If you get something in your eye, blink rapidly and flush with clean, boiled water as needed











COMMON EYE PROBLEMS

1. INFECTIONS

- PROBLEM: Eye infections are caused by many different things
- Conjunctivitis is the most common eye infection. This is an infection that occurs on the inner eye lid and in the corner of the eye.
- Common causes of eye infections
 - Viral – watery discharge and redness; treated with good hygiene.
 - Bacterial – pus; treated with antibiotics.
 - Fungal – usually serious; treated with anti-fungal medicine special for the eye.
 - Allergic – caused by something in the environment; keep eyes moist.
 - Sexually transmitted diseases may cause serious eye infections in newborn babies
- Eye infections are very contagious
 - Wash hands before touching other people.
 - Wash anything that comes in contact with your eye – like the cloth you might wipe your eye with.
 - Keep the infected eye clean by flushing with clean water and wiping the eye with a clean cloth or gauze.



<p>2. NEWBORN CONJUNCTIVITIS</p>	<ul style="list-style-type: none"> • PROBLEM: Vaginal infections like gonorrhea of mother will pass to baby during child birth. Risk factors include blindness of baby. • TREATMENT: Mothers should deliver with a doctor or get eye medicine for baby immediately 	<div>    </div> <div> <p>NO</p> <p>YES</p> </div>
<p>3. STY</p>	<ul style="list-style-type: none"> • PROBLEM: Swollen lump on eyelid. • TREATMENT: Put salt in warm water to make compress and apply to closed eye. 	
<p>4. PTERYGIUM</p>	<ul style="list-style-type: none"> • PROBLEM: A fleshy thickening on eye surface grows. • TREATMENT: Can only be removed by doctor. Cold clean water on towel can sooth itching/burning. 	
<p>5. CORNEAL SCAR</p>	<ul style="list-style-type: none"> • PROBLEM: Previous damage to eye can cause scar or ulcer. • TREATMENT: Must be cared for. Seek doctor if problems occur or blindness may result. 	
<p>6. CATARACT</p>	<ul style="list-style-type: none"> • PROBLEM: Lens of eye becomes cloudy. • TREATMENT: Surgery. Can only be removed by doctor. 	
<p>7. RIVER BLINDNESS</p>	<ul style="list-style-type: none"> • PROBLEM: Tiny worms get into eyes from fly bites. Lumps under skin become visible. Eyes get red, watery, then painful and itchy. • PREVENTION: Avoid areas where flies bite. • TREATMENT: Medication. 	

PREVENTING EYE PROBLEMS

1. WASH FACE WITH SOAP EVERY DAY

- Washing face every day will help prevent eye infections such as conjunctivitis. This is very contagious and spreads easily.
- Use clean water and don't get soap in your eyes.



2. PROTECT EYES FROM SUN

- Exposure to sun can damage your eyes and lead to problems.
- Shade your eyes with a hat or sunglasses.
- When working in a field keep your back toward the sun to minimize direct eye-to-sun exposure.
- Do not look directly into the sun.



YES HAT

NO HAT



3. WEAR GLASSES TO READ

- Headaches are sometimes caused from reading. Try reading glasses. If headaches go away continue use of glasses.



4. DRINK WATER

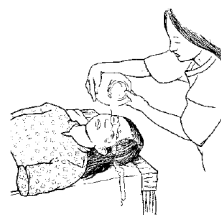
- TO AVOID DRY ITCHY EYES STAY HYDRATED



TREATING EYE PROBLEMS

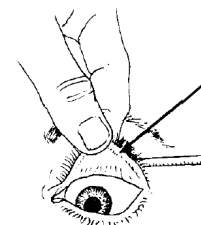
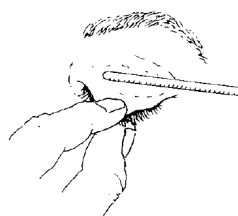
1. FLUSH EYE FROM FOREIGN SUBSTANCE


- If a chemical or dust particle gets into the eye, it is important to flush the eye immediately.
- Use only clean, boiled water that has cooled.
- Continue flushing for 30 minutes.
- Do not let water get into other eye.



2. REMOVE DIRT FROM EYE

- Be careful removing dirt to not scratch or damage eye.
- Close eyes and look left, right, up and down. Open eye. Often more tears will allow dirt to come out without contact.
- Flood eye with clean water.
- Turn lid up and wipe with a clean cloth.



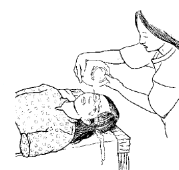
<p>3. KEEP EYE CLOSED</p> <p>3. SEE A DOCTOR</p>	<ul style="list-style-type: none"> • Go for medical help. • If you have damage to an eye you can wear an eye patch made of clean soft dry gauze to speed the healing. • Many eye infections require medicine. It is important to go to a doctor to prevent further eye damage or the potential of blindness caused by many eye infections. 	
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POSTER:

**PROTECT YOUR EYES
FROM SUN AND DUST**



**USE CLEAN WATER AND SOAP TO WASH YOUR FACE
USE CLEAN, BOILED and COOLED WATER TO RINSE YOUR EYES**



**WASH YOUR HANDS BEFORE
YOU TOUCH YOUR EYES**



EYE INFECTIONS



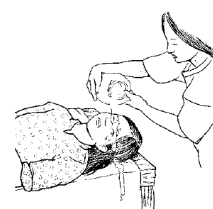
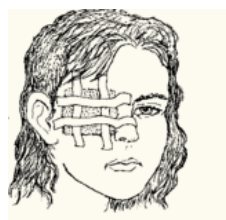
Conjunctivitis



**NEWBORN BABIES NEED SPECIAL
MEDICINE**



**FOREIGN SUBSTANCE IN EYES
FLUSH AND COVER**



PRESENTER POINTS:

PRESENTATION IDEAS	<ul style="list-style-type: none"> • Use poster and follow presentation • Use a bottle with clean water and soap to demonstrate running water when washing hands • Demonstrate how to flush eyes after cleaning water
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GROUP PROJECT IDEAS	<ul style="list-style-type: none"> • Make a tippy tap for a bottle to clean hands • Teach rapid, forceful blinking • Teach clean water and flushing
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GIVE - AWAY IDEAS	<p>FOR PATIENTS:</p> <ul style="list-style-type: none"> • Soap • Tippie Taps • Lubricating drops <p>FOR COMMUNITY:</p> <ul style="list-style-type: none"> • Poster • Teaching tools used in class
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BACKGROUND RESEARCH FOR PRESENTER:

