

Make every day **A HEALTHY**

VISION DAY



31 fun eye-related facts for children

	<p>1 Each eye weighs $\frac{1}{4}$ ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.</p>	<p>2 When you blink, you shut your eyes for 0.3 seconds. That's a total of 30 minutes each day!</p>	<p>3 One in every 12 males is color blind. Color blind does not mean you see in black and white, but that you have trouble telling the difference between certain colors.</p>	<p>4 The retina is about the size of a postage stamp. It has 130 million light-sensitive cells.</p>	<p>5 Your eye is always making tiny, jittery movements. Each time your eye moves, it receives new information. This continuous supply of new information helps you see images.</p>	<p>6 Certain patterns confuse your eyes and brain, causing you to misjudge the size of a circle or the length of a line.</p>
<p>7 People sometimes have red eyes in photographs, especially those taken with a flash, due to the light that reflects off the blood vessels of the retina.</p>	<p>8 Light-sensitive cells in the retina include rods and cones. Rods let us see shape and movement. Cones combine the three main colors—red, blue, and green—to let us see thousands of colors.</p>	<p>9 Around the world, an adult goes blind every five seconds and a child goes blind every minute.</p>	<p>10 Many animals have good night vision. For example, on a moonlit night, an owl can see a mouse moving more than 150 feet away.</p>	<p>11 Your dog's or cat's eyes glow in the dark because of tapetum, silver "mirrors" in the back of its eyes. This gives them superior night vision.</p>	<p>12 Can you look in opposite directions at the same time? A chameleon can.</p>	<p>13 Scorpions have as many as 12 eyes, and some flatworms have more than 100 eyes scattered all over their bodies.</p>
<p>14 Hawks' and eagles' eyes are specialized to let them see almost eight times better than humans.</p>	<p>15 Tropical fish and many bright-colored animals have more color vision cells than do humans. They can see colors humans cannot.</p>	<p>16 When using a computer, adjust the lighting and sit at least 20 inches away from the screen in order to reduce glare.</p>	<p>17 In "lazy eye" (amblyopia), both eyes don't work well together. These vision problems can often be corrected if detected early.</p>	<p>18 Smoking increases the risk of some eye diseases such as age-related macular degeneration and cataracts.</p>	<p>19 Your body protects your eyes. Bony sockets guard against impact; eyebrows provide shade; eyelids and eyelashes keep things out of eyes; and tear ducts moisten eyes.</p>	<p>20 Blinking helps you lubricate your eyes. You blink every two to 10 seconds. Be sure to blink while you read or work on the computer.</p>
<p>21 Choose polycarbonate lenses for eyewear and sun wear. They are strong, durable, and impact resistant.</p>	<p>22 The most effective sunglasses provide at least 98 percent protection from both UVA and UVB rays.</p>	<p>23 More than half of all people in the United States use some type of lens to correct their vision.</p>	<p>24 Myth: Reading in dim light is harmful to your eyes. Fact: Although reading in dim light makes your eyes feel tired, it is not harmful.</p>	<p>25 Myth: Using a computer, or video display terminal (VDT), is harmful to the eyes. Fact: Using a VDT may strain or tire your eyes, but it is not harmful.</p>	<p>26 Myth: You can wear your eyes out. Fact: Eyes do not wear out. You can use them as much as you want.</p>	<p>27 Myth: NEVER sit too close to the TV. Fact: There is no scientific evidence that sitting too close to the TV is bad for your eyes.</p>
<p>28 Myth: If you need glasses, your eyes are not healthy. Fact: Wearing eyeglasses has nothing to do with eye health, but with normal changes in parts of your eyes.</p>	<p>29 Myth: There is no need to check your eyes until you are in your 40s and 50s. Fact: Eye disease can happen any time.</p>	<p>30 Myth: If you eat carrots, you will have good eyesight. Fact: The vitamin A in carrots helps eyes function well, but it is just one important factor for good eyesight.</p>	<p>31 Myth: Benjamin Franklin invented bifocals. Fact: The English optician Samuel Pierce invented bifocals around 1775.</p>			



National Eye Institute

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