

National Eye Health Week

Vision Matters

18th – 24th September 2023

National Eye Health Week promotes the importance of good eye health and the need for regular eye tests for all. Sight is reported to be the sense people fear losing the most, yet many people don't know how to look after their eyes.

NHS sight tests are free for all children under 16 years old. Some eye problems are difficult to fully correct if they are not found early. The sooner an eye problem is found, the sooner your child can get treatment and help. An NHS sight test will tell you how well your child can see, and how healthy their eyes are.

Hounslow children in Reception Class are offered free vision screening by the Hounslow School Nursing Service.

As well as having regular eye tests there are other things you can do to help look after your eyes. For example:

- Eat foods high in an anti-oxidant called lutein (found in leafy greens, bright coloured vegetables, oily fish and eggs)
- Keep physically active (to prevent conditions like high blood pressure that can affect the eyes)
- Keep alcohol intake to a minimum
- Avoid smoking
- Protect your eyes from the sun.

www.nhs.uk/conditions/eye-tests-in-children/

www.healthforkids.co.uk/staying-healthy/my-eyesight/

www.healthforkids.co.uk/grownups/health-issues/your-childs-vision/



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy