



Children's Eye Health Amid COVID-19

As some students may return to in-person school and digital learning becomes more common, parents and educators should keep in mind the importance of eye health.

Digital Eye Strain



13+ hours

are spent on screens per day since COVID-19 emerged.¹

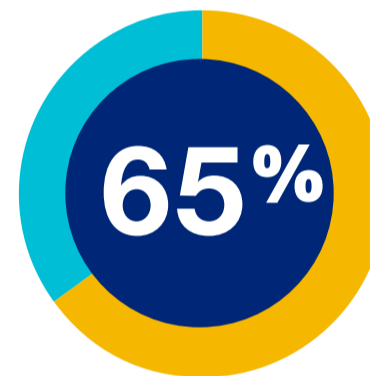
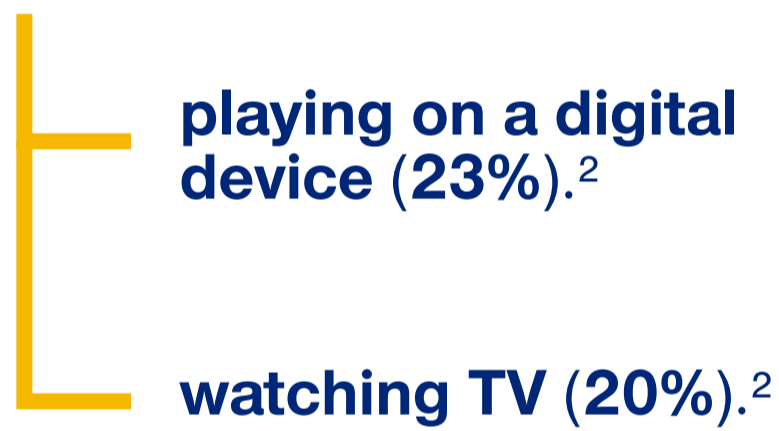
Vision and Learning



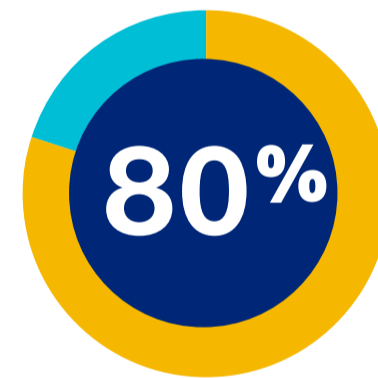
1 in 4

school-age children are affected by vision problems.³

Besides playing outside, the more popular activities children engage in are:



of people are visual learners.⁴



of all learning occurs visually.⁵

Myopia

More commonly known as nearsightedness, this is the inability to see far off objects clearly, and the condition is on the rise.

41% of Americans are nearsighted, up from 25% in 1970.⁶



Getting outside and away from digital screens may reduce the risk of nearsightedness.⁷

Signs of Possible Vision Problems Include

Headaches after doing school work.⁸

Losing your place while reading or using a finger to guide eyes when reading.⁸



Frequent eye rubbing while trying to concentrate.⁸

Squinting or head tilting to read or watch TV.⁸

¹ Eyesafe, 2020, <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day>
² The Vision Council, 2020, <https://www.thevisioncouncil.org/content/digital-eye-strain/kids>
³ American Optometric Association, 2017, <https://www.aoa.org/Documents/AOA%20Executive%20Summary%20Pediatric%20Eye%20Exam%20Guidelines%20Revised%2003.05.18.pdf>
⁴ Social Science Research Network, 2011, https://papers.ssrn.com/sol3/papers.cfm?abstract_id=587201
⁵ College of Optometrists in Vision Development, <https://www.covd.org/page/learning>
⁶ National Eye Institute, 2017, <https://www.nei.nih.gov/about/news-and-events/news/myopia-close-look-efforts-turn-back-growing-problem>
⁷ Investigative Ophthalmology & Visual Science, 2007, <http://iovs.arvojournals.org/article.aspx?articleid=2183997>
⁸ Mayo Clinic, 2020, <https://www.mayoclinic.org/diseases-conditions/eyestrain/symptoms-causes/syc-20372397>