

GO OUT AND PLAY

Spending two hours a day outdoors could help prevent your child becoming short-sighted.



For more information visit:
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**NATIONAL EYE
HEALTH WEEK**

MONDAY 23 – SUNDAY 29 SEPTEMBER 2019

YOUR VISION MATTERS

Lim LT et al. Impact of parental history of myopia on the development of myopia in mainland China school-aged children and
Rose KA et al. Outdoor activity reduces the prevalence of myopia in children.