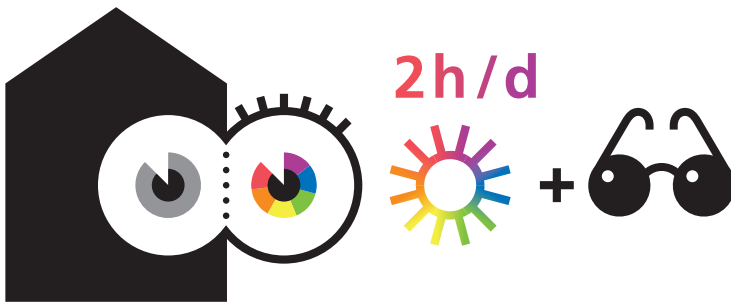


How to limit your child's  
risk of myopia

# Some useful tips to help limit the risk of myopia onset or progression

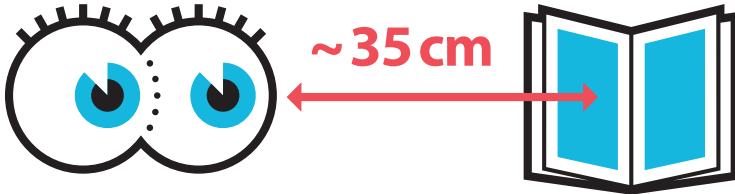
Myopia is a visual disorder that occurs when the eye becomes too long and the image is no longer focused correctly on the retina. For children with myopia, things in the distance appear blurred. The worse their myopia, the closer they have to get to objects to see them clearly.

## 1 2 hours a day outdoors



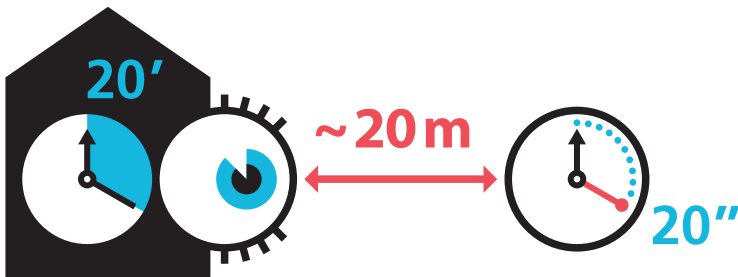
Natural light, which is more intense and composed of different colours than artificial lights, reduces the risk of myopia onset and progression. Don't forget to wear sunglasses when exposed to intense sunlight (in the mountains, by the water)!

## 2 A good reading distance (at least 30 to 40 cm)



Reading or working too closely to a screen causes excessive accommodation, i.e. too much time spent focusing, which can contribute to the onset of or increase in myopia. The minimum distance between a tablet or book should be 30 to 40 cm, which corresponds to the distance between the eye and the bent elbow.

## 3 Regular breaks with the « rule of 20 »



Prolonged reading and screen work promote myopia and increase visual fatigue. Take frequent breaks, for example, using the « rule of 20 »: every 20 minutes, look out of the window at a distance of more than 20 metres for 20 seconds.

# Visual problems easily go unnoticed and can have an impact on schooling!

## Contact

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