

Patient Information



Prevention of Eye Injuries in Children



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Dear Parents,

Here are some guidelines, which may help prevent your child from eye injuries:

1. Don't let your children play with sealed bottles.
2. When you open a bottle, keep the nozzle away from your face and eyes.
3. Remember that plastic bottles or cans are much safer for your children than glass bottles.
4. Put bottles in the fridge, not in the freezer.
5. Choose safe toys for your children, which suit their age. Avoid buying darting toys such as bow and arrow, which may hit or injure the eye from a distance.
6. Watch your children while at play, and teach them safe activities. Stone throwing during the play may cause severe injuries, which could be avoided.
7. Keep detergents, disinfectants and chemicals in a safe place and out of children's reach.
8. Teach your children the right way to carry things which may cause harm to them, and also to avoid running while carrying sharp objects.
9. Don't allow your children to play with fireworks, which are dangerous.
10. Keep children away from kitchenware, which could harm them.
11. Teach your children how to protect their eyes by wearing sunglasses whenever they are out. You should also prevent them from looking directly at the sun.
12. Don't allow your children to use laser pens.

Prevention is the best way to protect your children's sight.
