KIDS USE DIGITAL DEVICES MORE THAN PARENTS THINK!

83% OF KIDS SAY: “I Use My Device More Than 3 Hours Per Day!”

40% OF PARENTS SAY: “My Child Uses His/Her Device More Than 3 Hours Per Day!”

TOO MUCH SCREEN TIME CAN LEAD TO DIGITAL EYE STRAIN

80% OF KIDS REPORT BURNING, ITCHY, OR TIRED EYES AFTER LONG PERIODS OF DEVICE USE.

TO REDUCE SYMPTOMS OF DIGITAL EYE STRAIN

Remember 20-20-20

- Take a 20 second break
- Every 20 minutes
- Look at something 20 feet away

NEARLY 1/3 OF CHILDREN GO A FULL HOUR WITHOUT TAKING A VISUAL BREAK.

Kids heading back to school will spend even MORE time on digital devices! Make sure they have a comprehensive eye exam.

TO FIND A DOCTOR OF OPTOMETRY NEAR YOU, VISIT AOA.ORG.

American Optometric Association