To ensure your child or teen enjoys all that camp offers and comes home injury-free, the American Optometric Association (AOA) with the Alliance for Camp Health (ACH) recommends these summer safety tips:

**SET UP GENERAL HEALTH CHECKUPS BEFORE ATTENDING**
Visit your child’s health care practitioner for an overall checkup before they leave. Visit AOA.org to find an AOA doctor of optometry and schedule a comprehensive eye exam.

**DO A QUICK MENTAL HEALTH CHECK**
School can be taxing so make sure your child feels like camp is actually a “break.” Before camp, be on the lookout for any changes in behavior. Also, remind them to say no to bullying!

**FIND SOME SHADES**
Wearing a hat will only get you so far. Seek shade and use sunscreen. Sunglasses that offer 100% UV protection are important to protect eyes from sun damage.

**BEWARE OF SMOKY EYES AT THE CAMPFIRE**
Smoky haze can cause red eye and irritation. Encourage your child to exercise caution and limit exposure to the fire.

**MAKE A SAFE SPLASH**
Water and contact lenses do not mix. Your child should use watertight googles if they wear contacts when they swim, preferably it is best to remove the lenses.

**WATCH OUT FOR BACTERIA IN THE LAKE**
While it’s not super common, bacteria and other microorganisms can cause serious eye infections.

**REMEMBER PROTECTIVE EYEWEAR FOR SPORTS**
On the field eye protection is as important as off-the-field.

**GIVE THE EYES A BREAK FROM DIGITAL DEVICES**
Your child’s eyes will benefit from the outdoors.

**ENCOURAGE EATING FRUITS AND VEGETABLES**
Both have been proven to improve eye health and provide vitamins, minerals and essential fatty acids.

**KEEP UP WITH THE CONTACT LENS REPLACEMENT SCHEDULE**
Plan for and encourage campers to take along a full supply of contact lenses replacements and pack a pair of prescription eyeglasses as a back-up.