

KIDS USE DIGITAL DEVICES MORE THAN PARENTS THINK!

83 % OF
KIDS
SAY:



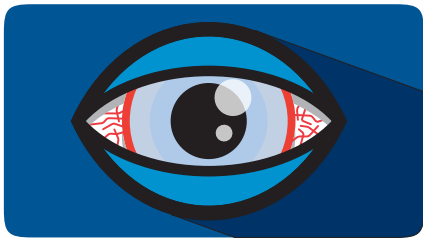
"I Use My Device More Than 3 Hours Per Day!"

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