

# Eye on Health

## Don't "Frog"-et To Watch Out For Your Eyes

(NAPSA)—Taking care of your eyes is extremely important. Did you know that 80 percent of the world's blindness is preventable? As spokesfrog for the Vision 2020-The Right To Sight (a campaign for the International Agency for the Prevention of Blindness-IAPB), Kermit the Frog recommends the following tips for maintaining good eye health.

### **Kermit's Top Eight Suggestions For Healthy Eyes:**

1. Get regular eye exams.
2. Have plenty of light when reading.
3. Rest your eyes for five minutes every 30-60 minutes when using a computer.
4. Wear appropriate eye protection to work and when playing sports.
5. All children should have an eye exam before entering kindergarten.
6. Green leafy vegetables (like spinach) and carrots are very important for good eye health.
7. Always buy contact lenses from an eye care professional and not from a street vendor.



8. Don't ignore red eyes; seek help from an eye care professional.

By making people think more about safeguarding their vision and claiming their "Right To Sight," Kermit and the IAPB hope to make a big difference on eye health. To learn more about the "Right To Sight" campaign visit [www.V2020.org](http://www.V2020.org).