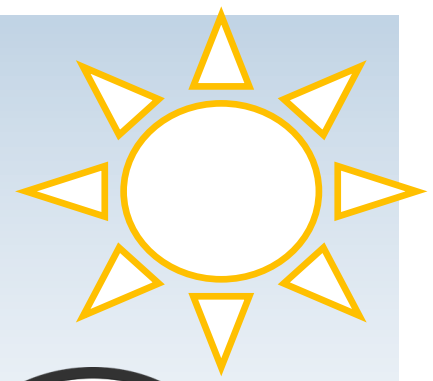


A *glimpse* into the myopic world



Myopia (nearsightedness) is steadily increasing around the world. By 2050, half of the world's population will have myopia. This is especially worrisome among children who are experiencing vision concerns at young ages, affecting how they see and learn in the classroom.

Myopia (nearsightedness) is when objects farther in distance appear blurry, but objects up close are clear.

Sunlight helps the eyes release the chemical dopamine. Dopamine slows down eye development and prevents elongation of the eye, which causes myopia.

Enjoy the sunshine! Being outside allows our eyes to focus on near and distant objects. This helps us use **both** our near and distance vision.

Spending a lot of time indoors, using electronic devices, and doing near work for a long period of time can increase the risk for myopia.

What can you do to prevent myopia?

Get outside! When outside, wear UV-A and UV-B protected sunglasses and a large brimmed hat. This is sunscreen for your eyes!

Take a break from near work. After 20 minutes of near work, take a 20 second break and look at an object that is 20 feet away.

Limit time on electronic devices. Children ages 2+ should only have an hour of screen time a day. Children younger than 2 should not have any screen time.



Sources: American Academy of Ophthalmology. [More Time Outdoors May Reduce Risk Kids' of Nearsightedness](#). 2014.

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