



Need  
Financial  
assistance  
with  
glasses?

Ask a  
school  
nurse!



VSP  
vouchers  
are avail-  
able for  
you!

# SEALS Health News

VOLUME III, ISSUE 2

OCTOBER 2018

## October is Eye Safety Month

Healthy eyes and vision are a critical part of kids' development. Their eyes should be examined regularly, as many vision problems and eye diseases can be detected and treated early.

Be sure to make vision care and eye checks a part of your child's routine medical care. Different kinds of doctors offer eye care, and the names can be confusing: the following are EYE DOCTORS:



**Pediatric ophthalmologists** are doctors who have additional special training to treat kids' eye problems.



**Optometrists** provide services that may be similar to ophthalmologists, but they don't perform surgery. Some optometrists specialize in kids' eye problems.

**Opticians** fit and adjust eye-glasses.

**Ophthalmologists** are medical doctors who provide comprehensive eye care with medicine and surgery.





**If you notice any eye problems, have your child examined right away so that the problem doesn't become permanent. If caught early, eye conditions often can be corrected.**



## **EYE EXAMS:** Routine medical exams for kids' vision include:

- Newborns should be checked for general eye health by a pediatrician or family physician in the hospital nursery.
- High-risk newborns (including premature infants), those with a family history of eye problems, and those with obvious eye irregularities should be examined by an eye doctor.
- In the first year of life, all infants should be routinely screened for eye health during checkups with their pediatrician or family doctor.
- Around age 3½, kids should have eye health screenings and visual acuity tests (tests that measure sharpness of vision) with their pediatrician or family doctor.
- Around age 5, kids should have their vision and eye alignment checked by their pediatrician or family doctor. Those who fail either test should be examined by an eye doctor.
- After age 5, routine screenings should be done at school and the primary doctor's office, and if symptoms such as squinting or frequent headaches occur. (Many times, a teacher will notice that a child isn't seeing well in class.)
- Kids who wear prescription glasses or contacts should have annual checkups by an eye doctor to screen for vision changes.

### **Spotting Eye Problems**

#### **Signs that a child may have vision problems include:**

constant eye rubbing	extreme light sensitivity
poor focusing	poor visual tracking (following an object)
abnormal alignment or movement of the eyes (after 6 months of age)	
chronic redness of the eyes	chronic tearing of the eyes
a white pupil instead of black	

#### **In school-age children, other signs to watch for include:**

being unable to see objects at a distance	squinting
having trouble reading the blackboard	sitting too close to the TV

# PROTECTIVE EYEWEAR

Whether you're on the basketball court, in chemistry class, or sitting by the pool, wearing protective eyewear is the best way to keep your eyes healthy and injury-free.

In fact, the majority of eye injuries can be prevented by wearing the right protective eyewear. Check out the list of activities below to see what you need to protect your eyes

## Play basketball or soccer?



Wear sports goggles with polycarbonate lenses.

## Into field hockey?



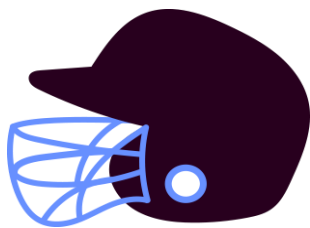
Goalies need helmets with a full face mask. All other players should wear sports goggles. Girls' lacrosse goggles also work for field hockey.

## Going for a bike ride?



Always wear a helmet. You'll also want sunglasses or glasses with clear lenses to protect your eyes from the

## Play baseball?



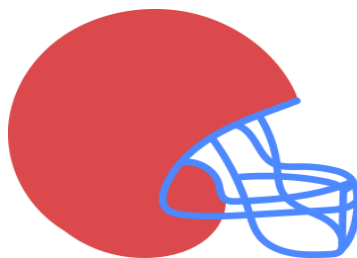
If you're up to bat, wear a helmet with an attached faceguard. If you're fielding, wear

## Spending time in the sun?



Wear your sunglasses. They protect your eyes from the sun's ultraviolet (UV) rays, which can damage your eyes. Pick sunglasses that block 99% or 100% of both UVA and UVB radiation.

## Are you a football player?



Always wear your helmet with an attached face shield.

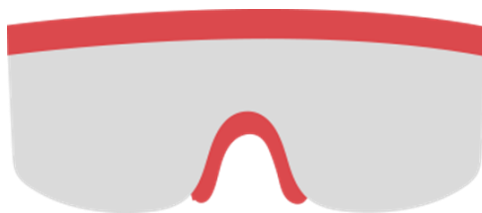
## Are you a Paintball Pro?



Always wear your paintball goggles or mask.

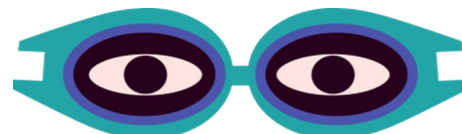
## Mowing the lawn?

Pick up trash or anything that could fly into your eyes while mowing, and remember to wear safety goggles.



## Swimming or playing water sports?

Wear swim goggles to protect your eyes from dirt, germs and bacteria, and pool chemicals.



# Common Kids Eye Problems



Several eye conditions can affect kids. Most are detected by a vision screening using an acuity chart during the preschool years.



**Amblyopia** ("lazy eye") is poor vision in an eye that may appear to be normal. Two common causes are crossed eyes and a difference in the refractive error between the two eyes. If untreated, amblyopia can cause irreversible visual loss in the affected eye. (By then, the brain's "programming" will ignore signals from that eye.) Amblyopia is best treated as early as possible, ideally before a child is 8 years old.

**Color Blindness** Most of us share a common color vision sensory experience. Some people, however, have a color vision deficiency, which means their perception of colors is different from what most of us see. The most severe forms of these deficiencies are referred to as color blindness. People with color blindness aren't aware of differences among colors that are obvious to the rest of us.



**Refractive errors** mean that the shape of the eye doesn't refract (bend) light properly, so images appear blurred. Refractive errors also can cause amblyopia. Nearsightedness is the most common refractive error in school-age children; others include farsightedness and astigmatism:

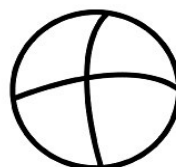
**Nearsightedness** is poor distance vision (also called myopia), which is usually treated with glasses or contacts.

**Farsightedness** (also called hyperopia), which is usually treated with glasses or contacts.

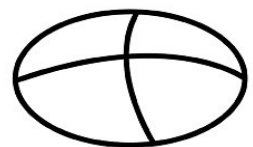
**Astigmatism** is imperfect curvature of the front surface of the eye, which is usually treated with glasses if it causes blurred vision or discomfort.

Many other eye conditions need immediate attention.

Normal cornea



Cornea with astigmatism







## FIRST AID

Do you know what to do if you get sand in your eye? What if someone accidentally elbows you in the eye during the game? Here are tips for dealing with some of the most common eye injuries. Remember to act fast and get help from an adult.



If particles, like sand or dust, get into your eyes, don't rub!

Wash your eyes out with water.

If you get hit in the eye with a ball, rock, or elbow, gently put a cold compress on your eye for 15 minutes. This should make the swelling go down and relieve the pain. Have an adult take you to the doctor.



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If a chemical from a class experiment, cleaning fluid, or battery acid splashes in your eye, wash your eye out with water for at least 10 minutes. Have an adult take you to the doctor immediately.

If an object like a stick or pencil gets stuck in your eye, don't pull it out. This is very serious. Have an adult put a loose bandage on your eye. Don't put any pressure on the object. Have an adult take you to the doctor immediately.





# HALLOWEEN SAFETY

## Top Tips

- ◆ Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Since masks can sometimes obstruct a child's vision, try non-toxic face paint and makeup whenever possible.
- ◆ Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- ◆ Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.
- ◆ Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
- ◆ When selecting a costume make sure it is the right size to prevent trips and falls.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

## Hard Facts

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.



**Masks can obstruct a child's vision while walking.**

## Halloween Safety Tips

The simple act of slowing down on neighborhood roads will not only make Halloween more enjoyable for everyone, but it could also save lives.



# Preparing for Lifelong Health and Wellness

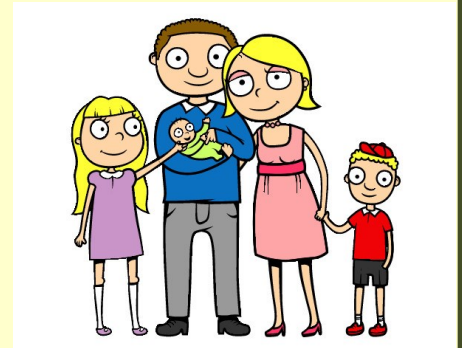
Adolescence is a period of intense growth and development. Supporting adolescents' health requires parents, schools, health care systems, and communities to help youths to be healthy throughout adolescence, develop healthy behaviors for a lifetime, and learn how to access and use the health care system.

Adolescence is characterized by rapid and profound physical, intellectual, emotional, and psychological changes, as well as development of healthy or risky behaviors that can last a lifetime. Parents have strong influence on their adolescent children's lives, and family-based programs can help parents support healthy adolescent development. Because schools are natural learning environments, implementing and improving school-based policies and programs are strategic ways to reinforce healthy behaviors and educate adolescents about reducing risky behaviors. Health care during adolescence should be tailored to meet the changing developmental needs of the adolescent while providing welcoming, safe, and confidential care.

Health outcomes often are driven by health risk behaviors established during adolescence. Preventing initiation of potentially harmful behaviors (e.g., smoking and binge drinking) and encouraging healthy eating and physical activity during adolescence can have lifelong health benefits.

## Family-Based Approaches

Family-based approaches aim to maximize the positive influence that parenting behaviors have on children by building parents' knowledge, skills, and confidence in communicating about risk, providing adequate monitoring and supervision, modeling positive behaviors, and building strong, trusting relationships with their children. Research has demonstrated that family-based interventions can reduce risk behaviors and improve health outcomes across multiple areas, including sexual initiation, delinquent behavior, and alcohol, tobacco, and drug use



## School-Based Approaches

Healthy students are better learners and have higher academic achievement and high school graduation rates, which translate to lifelong health benefits, underscoring the shared interest in promoting adolescent health among education and health leaders. Schools can serve as principal venues for health education, health promotion, and disease prevention in ways that are supported by research.

## Health Services

Adolescence is a time when youths become increasingly responsible for their own health care as part of their growing independence and transition into adulthood. Because adolescent health problems are largely preventable, primary care visits offer an opportunity to provide evidence-based effective services (e.g., education, preventive screenings, and treatment)



# Selinsgrove Area School District

## Flu shot time!



### What viruses will the 2018-2019 flu vaccines protect against?

There are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses (depending on vaccine) that research suggests will be most common. For 2018-2019, trivalent (three-component) vaccines are recommended to contain:

- ⇒ A/Michigan/45/2015 (H1N1)pdm09-like virus
- ⇒ A/Singapore/INFIMH-16-0019/2016 A(H3N2)-like virus (updated)
- ⇒ B/Colorado/06/2017-like (Victoria lineage) virus (updated)
- ⇒ Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to contain:
- ⇒ the three recommended viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus



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Information brought to you by:  
NIH National Eye Institute  
Kidshealth.org  
CDC

### When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

