



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.

ENCOURAGE EATING FRUITS AND VEGETABLES



Both have been proven to improve eye health and provide vitamins, minerals and essential fatty acids.



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!

MAKE A SAFE SPLASH

Water and contact lenses do not mix. Your child should use watertight goggles if they wear contacts when they swim, preferably it is best to remove the lenses.



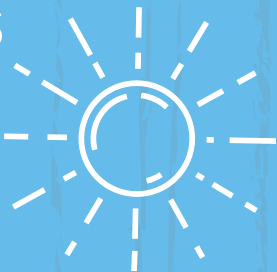
WATCH OUT FOR BACTERIA IN THE LAKE



While it’s not super common, bacteria and other microorganisms can cause serious eye infections.

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.

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.

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.



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