



Keep Myopia Away!

Let's head **outdoors** and play for at least **2 hours** a day.

Spend less time on near work

Go for regular eye checks, at least once or twice a year

Take frequent breaks by looking at distant objects

Let's Play Eye Spy!



Try spotting the following items:



Ball



Bicycle



Clouds



Flowers



Kite



Bird



Butterfly



Cat



Dog



Otter

Challenge yourself!



Dear parents/guardians, scan here to access your child's school eye check results.

