

Myopia Matters

Better Sight.
Better Life.



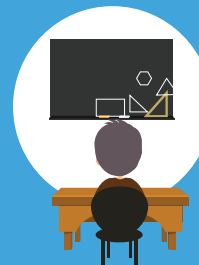
1. WHAT IS MYOPIA



Myopia is one of the most prevalent vision issues, especially in children. Better known as **nearsightedness**, it's a condition of the eye where close up objects can appear clear, but at a distance everything becomes blurry and out of focus.

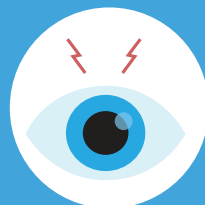
2. SYMPTOMS OF MYOPIA

Squinting to see distant objects, like the board in the classroom



Sitting **too close** to the TV

Holding **books close** when reading



Experiencing **eye strain** or **headaches**

3. MYOPIA MANAGEMENT TIPS



Bring your kid(s) for an **annual comprehensive eye exams** starting at 5 years old. A school or pediatrician vision screening is not enough.

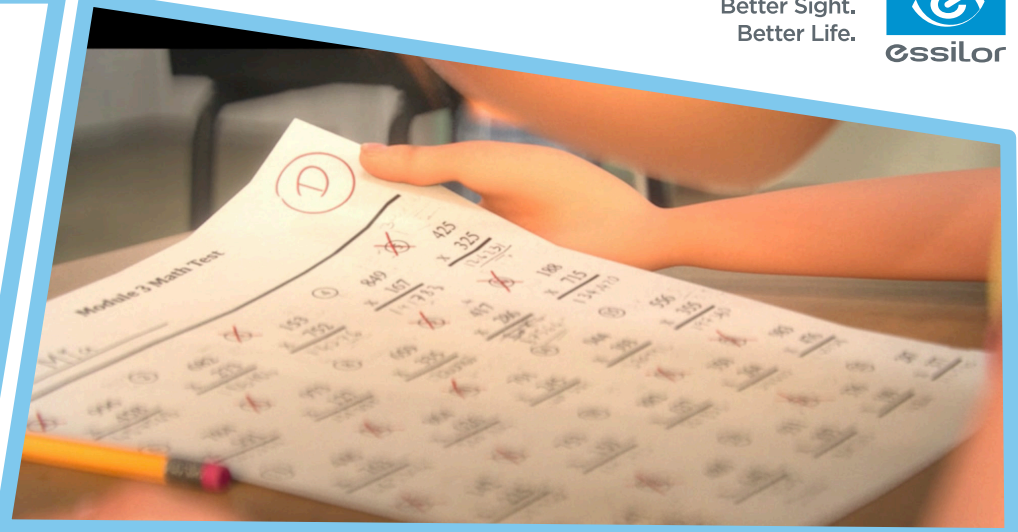
Ensure your child has the **correct prescription lenses**.



Encourage your children to follow the **20/20/20 rule**: Every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

Learn more and find an eyecare professional at [Essilorusa.com](https://www.essilorusa.com)

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Every day, countless kids struggle while living a life out of focus. But if you can spot the symptoms of myopia, you can help! **Take your child for a comprehensive eye exam and learn more about the symptoms of Myopia at [essilorusa.com](https://www.essilorusa.com). Because we believe every child deserves to see clearly.**

