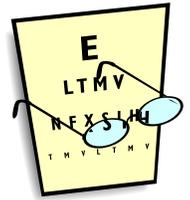




# Health Tribune

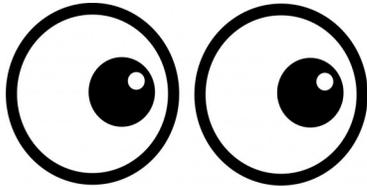
Thinking about your health in Portage County  
Provided by the Portage County Health Department



Volume 7, Issue 3

## March is... Eye Health and Safety Month

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



## 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
- having trouble reading the blackboard
- squinting
- difficulty reading
- sitting too close to the TV

Watch your child for signs of poor vision or crossed eyes. 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.

For more information: <http://kidshealth.org/parent/general/eyes/vision.html#>

## Did you know...?



## Who Needs Glasses?

**Vision Care Outreach Program**  
The Vision Care Outreach Program is for children and adults who are in need of an eye exam or glasses.

- Criteria :**
1. Meet the 200% Federal Poverty Guidelines
  2. No access to Vision Insurance
  3. Have not used this program in the last 2 years
  4. Ohio Resident

Family Size	Annual Income
1	\$23,340
2	\$31,460
3	\$39,580
4	\$47,700
5	\$55,820
6	\$63,940
7	\$72,060
8	\$80,180
For Each, Additional Add	\$8,120

For additional information on how to receive an exam or get glasses call:

- **Becky Lehman (330)296-9919 EXT 137**
- **Karen Towne (330)296-9919 EXT 113**

## Questions or Comments?

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