



# Children's Eye Health Amid COVID-19

As some students may return to in-person school and digital learning becomes more common, parents and educators should keep in mind the importance of eye health.

## Digital Eye Strain



**13+ hours**

are spent on screens per day since COVID-19 emerged.<sup>1</sup>

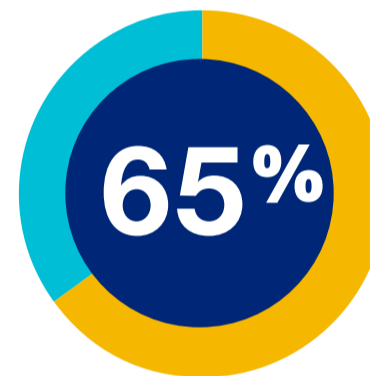
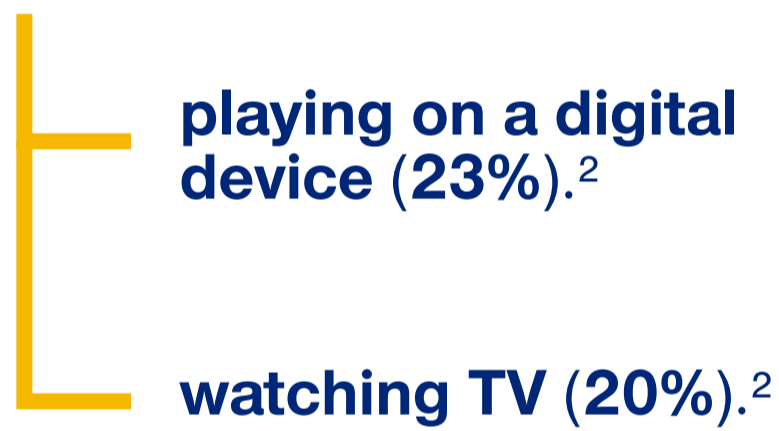
## Vision and Learning



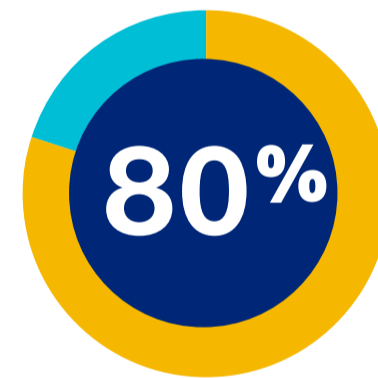
**1 in 4**

school-age children are affected by vision problems.<sup>3</sup>

Besides playing outside, the more popular activities children engage in are:



of people are visual learners.<sup>4</sup>



of all learning occurs visually.<sup>5</sup>

## Myopia

More commonly known as nearsightedness, this is the inability to see far off objects clearly, and the condition is on the rise.

**41%** of Americans are nearsighted, up from 25% in 1970.<sup>6</sup>



Getting outside and away from digital screens may reduce the risk of nearsightedness.<sup>7</sup>

## Signs of Possible Vision Problems Include

Headaches after doing school work.<sup>8</sup>

Losing your place while reading or using a finger to guide eyes when reading.<sup>8</sup>



Frequent eye rubbing while trying to concentrate.<sup>8</sup>

Squinting or head tilting to read or watch TV.<sup>8</sup>

<sup>1</sup> Eyesafe, 2020, <https://eyesafe.com/covid-19-screen-time-spike-to-over-13-hours-per-day>  
<sup>2</sup> The Vision Council, 2020, <https://www.thevisioncouncil.org/content/digital-eye-strain/kids>  
<sup>3</sup> American Optometric Association, 2017, <https://www.aoa.org/Documents/AOA%20Executive%20Summary%20Pediatric%20Eye%20Exam%20Guidelines%20Revised%2003.05.18.pdf>  
<sup>4</sup> Social Science Research Network, 2011, [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=587201](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=587201)  
<sup>5</sup> College of Optometrists in Vision Development, <https://www.covd.org/page/learning>  
<sup>6</sup> National Eye Institute, 2017, <https://www.nei.nih.gov/about/news-and-events/news/myopia-close-look-efforts-turn-back-growing-problem>  
<sup>7</sup> Investigative Ophthalmology & Visual Science, 2007, <http://iovs.arvojournals.org/article.aspx?articleid=2183997>  
<sup>8</sup> Mayo Clinic, 2020, <https://www.mayoclinic.org/diseases-conditions/eyestrain/symptoms-causes/syc-20372397>