

Dr. Optical's

TIPS & TRICKS FOR Eye Safety

FOR KIDS AGES 5-8



Healthy Eyes are No Illusion!

**SIGHTS
FOR HOPE™**

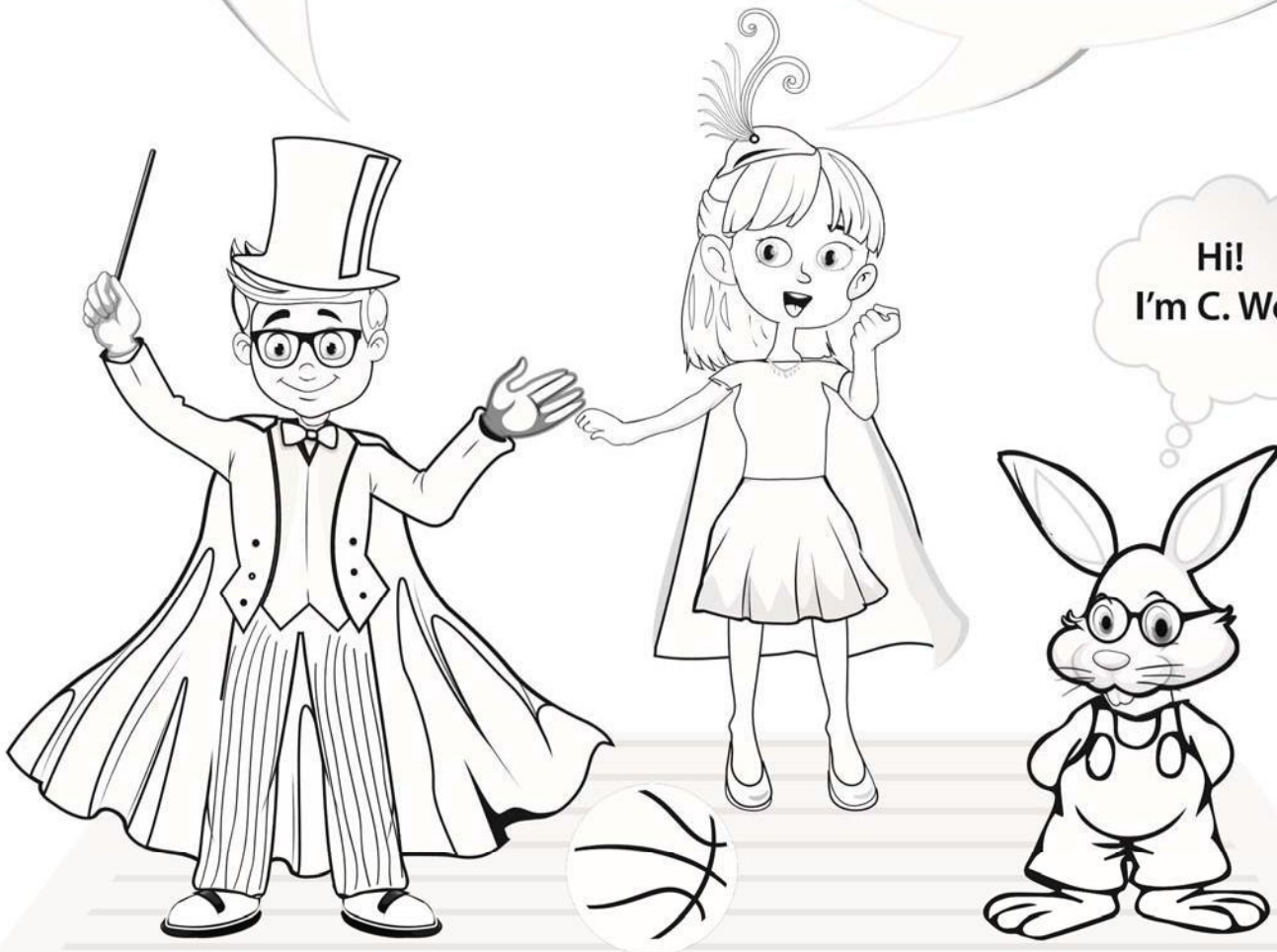


Seize Independence Now™
Formerly known as Center for Vision Loss

**Hello Everyone!
I'm Dr. Optical.**

**...and I'm Miss Illusion.
We've joined with
C. Well Bunny to teach
you about
EYE SAFETY!**

**Hi!
I'm C. Well**

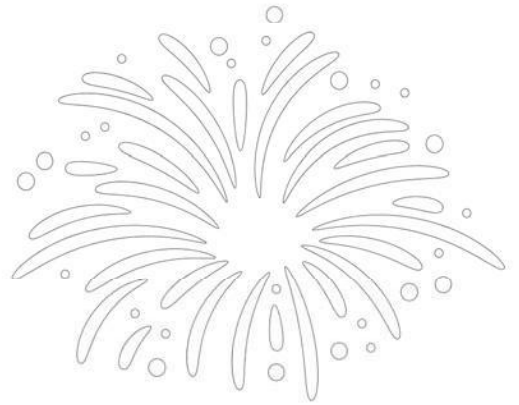


**Dr. Optical, Miss Illusion and C. Well Bunny are your magical friends from
The Center for Vision Loss! We teach children in Lehigh, Northampton, and
Monroe Counties to play safe and keep your eyes healthy!**

**Your eyesight is very precious. Most vision loss in children happens by accident.
In this coloring book, we want you to learn fun and important things about your eyes.**

Ready? Let's get started!

Matches and Fireworks are Dangerous!



Even sparklers can burn you. Don't hold them near your face or other people

Always have a grown-up with you

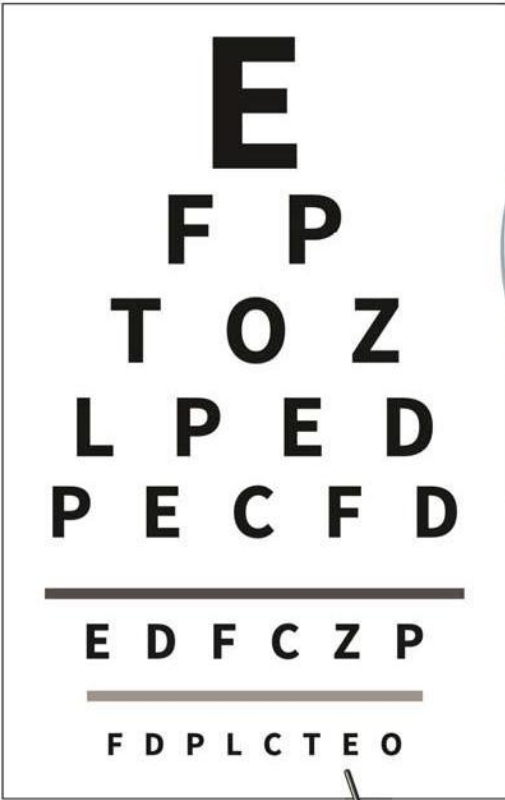


Celebrate holidays at a public fireworks display or use LED Lights

**Never Play
or run with
sharp things!**

**Always
Put them
away when
you are
done.**





Keep your eyes as healthy as your body by eating yummy fruits & veggies



Go to see your friend, the **EYE DOCTOR**, even if you don't think you need glasses.

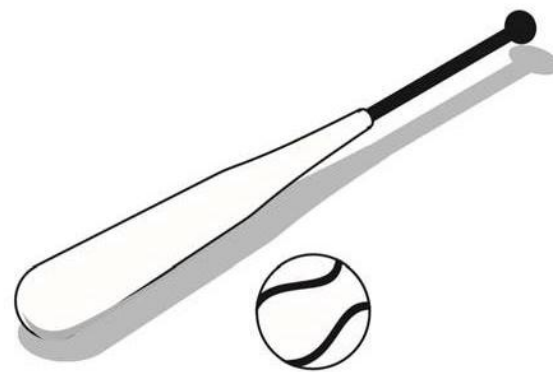
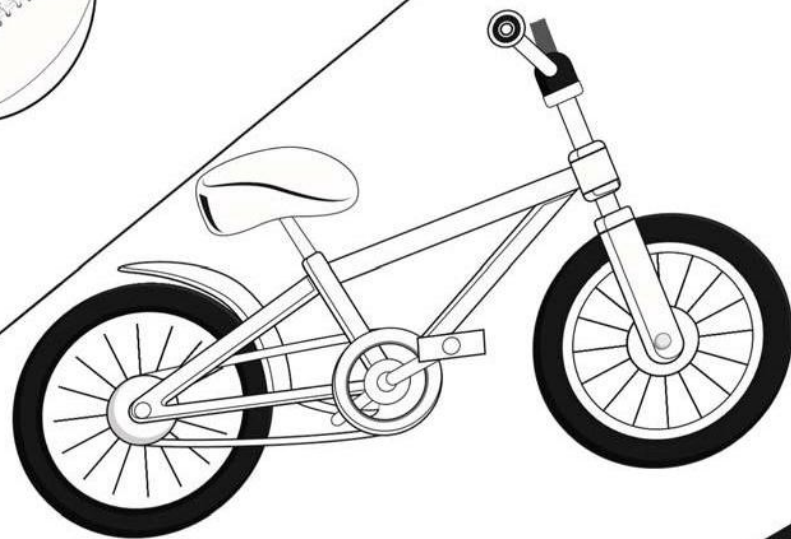


Remember to play safely!

C. Well
Reminds us
to always wear
sports goggles!

Protect your
eyes and body
when playing
sports

Play nice.
NEVER throw
anything
at a person's
face



**It's so important to protect your eyes.
You can't cross the finish line if you can't see it!**