



The four messages that should be part of the video are about how to take care of your eyes. You should:

Eat well: Eyes need good nutrition to develop properly, and to stay healthy. For example, Vitamin A deficiency can cause blindness in children, and vitamins in vegetables and fruit can help to keep your cornea and retina healthy.

Have regular eye examinations: Just like going to the dentist regularly to make sure that our teeth are healthy, we need to check regularly to make sure that our eyes are healthy and working properly. You should go to an optometrist to have your eyes and vision checked every 2-5 years, and more often if you wear glasses or have another eye problem.

Protect your eyes

Sunglasses: While most of us are aware of the damage that ultraviolet light can do to the skin, medical evidence shows that our eyes can also be harmed. UV radiation from the sun absorbed by the eye can contribute to a number of serious eye disorders and diseases. Protection should start with very young children and become part of their routine. It is important that you wear good quality sunglasses and a hat when you are outdoors. Slip! Slop! Slap! and Slide! on your sunnies.

Since UV radiation is reflected off surfaces such as snow, water and sand, the risk is particularly high on the beach, while boating, or in snowy mountain areas. The risk is greatest during the mid-day hours, from 10 am to 3 pm, and during the summer months.

Sunglass design is also important. All sunglasses sold in Australia are required to conform to an Australian Standard, AS 1067, which specifies how much UV protection must be provided. Wrap around glasses are important to prevent light coming in from the side.

The sun: Sunlight is very bright, and looking directly at the sun can be painful, and potentially hazardous. While glancing at the sun only causes your eyes to be dazzled, looking for any period of time is dangerous. For normal unprotected eyes, around 30 seconds of direct exposure is enough to cause permanent impairment of vision.

Looking at the sun during an eclipse is even more hazardous. Normally, the sun's brightness will make you blink or look away quickly before damage can be done. During an eclipse however, the brightness is reduced, so you think you can look for a longer period. However the radiation remains high and you can easily receive enough to cause damage.

Safety goggles: Having your eye badly hit or pierced can cause vision impairment. It is also important to stop your cornea (the clear front of your eye) being damaged. The cornea in some ways is just like other parts of your body - if it is cut then it will cause an opaque scar, which can interfere with vision. It is therefore important to protect your eyes from accidents. Don't play carelessly with things that can hurt the eyes.

Exercise your eyes: Your eyes should be able to focus up close and far away. If you only look at things that are up close (like books or computer screens), your eyes can change so that you can no longer see far away. If you are reading or working on a computer you should take regular "eye breaks", (for a few minutes every half hour at least). Look out the window, or go outside and play or go for a walk.