

## 3010 Caring for Your Eyes

### 3010 愛護你的眼

-  Regular outdoor recreational activities, such as playing ball games, cycling, walking, and kite flying, overlooking distant views to relax intraocular pressure.  
規律的戶外休閒活動，例如：打球、騎腳踏車、散步、放風箏等，眺望遠處放鬆眼壓
  
-  Children under the age of 6 should not start writing too early to avoid using the eyes to learn too early or at a close distance too frequently.  
6 歲以下不要過早執筆寫字，避免太早或太多近距離用眼學習
  
-  10 minutes of rest should be taken for every 30 minutes reading. Posture should be correct and light should be sufficient. The distance between the book and the eyes should stay between 35 and 40 cm.  
看書時應每 30 分鐘休息 10 分鐘，且姿勢要端正、光線要充足，書與眼睛的距離要維持在 35 至 40 公分
  
-  Use tables and chairs appropriate for height and sitting height. Tabletops should not be reflective.  
使用適合符合身高、坐高的桌椅，桌面要避免反光
  
-  Infants should not spend more than one hour watching television and using computers each day.  
幼兒一天看電視、使用電腦時間，不可超過一小時
  
-  Consume more foods that can prevent dry eye discomfort, contain antioxidants, and protect the retina from UV damage, such as eggs, milk, green and yellow vegetables and fruits, beans, wheat germ, brown rice, tangerines, oranges, guavas, mulberries, tomatoes, kiwis, cherries, strawberries, and grapefruit.  
多攝取可預防眼睛乾澀不適及可抗氧化、防止視網膜受到紫外線傷害的食物，例如：蛋、牛奶、黃綠色蔬菜瓜果、豆類、小麥胚芽、糙米、橘子、柳丁、番石榴、桑葚、蕃茄、奇異果、櫻桃、草莓、葡萄柚等

# Eye Care Examination Card

## 愛眼檢核卡

Dear Parents:

To better care for our schoolchildren's vision, please test whether you and your children follow these good habits for eye care.

親愛的家長您好：

為了更落實學童的視力保健工作，請您與您家小孩一起檢查看看，是否有養成愛護眼睛的好習慣呢？

Home Lifestyle 居家生活習慣	I Do 有	I Do Not 沒有
I do not watch television while eating. 我不會邊看電視邊吃飯		
I always rest my eyes for 10 minutes for every 30 minutes I spend watching television or on the computer. 我每次看電視、打電腦 30 分鐘，一定會讓眼睛休息 10 分鐘		
I do not watch television and use the computer for more than an hour each day. 我一天看電視、電腦時間沒有超過一小時		
I do not read books, draw, or watch television while lying on the table or bed. 我不會趴在桌上或躺在床上看書、畫圖、看電視		
I do not read while walking or sitting in the car. 我不會在走路或坐車時看書		
I sleep at least 8 hours every day. 我每天都有充足睡眠，一天至少睡 8 小時		
When I have off, I go on outings with my family. 我放假時都會跟家人一起到戶外踏青		

How many of these seven habits do you follow?

If you do them all, then you must definitely continue doing them!!

If you don't do them all, it's okay! Let's keep working harder!!

以上七點您做到了幾點呢？

如果全都有做到，那一定要繼續保持下去喔!!

如果沒有，沒關係!讓我們繼續努力吧!!

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