

# Parents, Guardians, Caregivers: Take Care of Your Own Vision



1. Are text messages on your phone fuzzy or blurred?
2. Do you have trouble reading road signs in the distance?
3. Is the picture on the right similar to how you see when you drive or ride in a vehicle?



If you answered “yes” to any of the 3 questions, it may be time to take a trip to an eye doctor to make sure you keep everyone in your car safe.

Make, and attend, an eye exam appointment to have the best vision possible.

Learn about signs of possible vision problems at Signs of Eye Disease and Vision Problems in Adults – Prevent Blindness (<https://preventblindness.org/signs-of-eye-problems-in-adults/>)

## REMEMBER:

- It is important to take care of your child’s vision . . . and it is also important to take care of your own vision.
- Get and wear your own prescription glasses if your eye doctor says you need glasses.
- Don’t borrow glasses from a friend or family member. You need glasses that match your prescription.

## TO LEARN MORE:

### Find an eye doctor for your child and yourself:

- **Finding an Eye Doctor** (<https://nationalcenter.preventblindness.org/wp-content/uploads/sites/22/2020/10/2A-Finding-an-Eye-Doctor.pdf>)
- **Vision Care Financial Assistance** (<https://nationalcenter.preventblindness.org/wp-content/uploads/sites/22/2020/10/5A-Financial-Assistance-7.20.pdf>)
- **For information from pregnancy and your vision**, to safe use of eye cosmetics, to adult eye diseases and conditions, to vision care financial assistance, check out our fact sheets from Prevent Blindness (<https://preventblindness.org/eye-and-vision-health-fact-sheets/>)
- **If you want information about women’s vision health**, visit Seeing the Way to Better Health (<https://cvph.preventblindness.org/wp-content/uploads/sites/21/2020/08/Women%E2%80%99s-Health-and-Vision-Health.pdf>)



“Small Steps for Big Vision” is an initiative of the National Center for Children’s Vision and Eye Health at Prevent Blindness ([www.nationalcenter.preventblindness.org](http://www.nationalcenter.preventblindness.org)). For more information, contact: [info@preventblindness.org](mailto:info@preventblindness.org)

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$300,000 with 5% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](http://HRSA.gov).