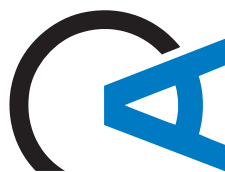


The Healthy Eyes Activity Book

A Health Teaching Book for Primary Schools



by
Victoria Francis and Boateng Wiafe



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International Centre for Eye Health
Institute of Ophthalmology
11–43 Bath St., London EC1V 9EL, UK
Tel: 0044 20 7608 6923
Fax: 0044 20 7250 3207
E-mail: eyeresource@ucl.ac.uk
Website: www.ucl.ac.uk/100/ircpb/



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How To Use This Book

Note to the pupil:

This book is about how to look after your eyes.

There are stories and drawings written by children. You can tell your own stories and draw pictures in the book in the empty spaces or on separate paper. You can colour the other drawings to make the book look nice.

This book will help you know what is the best thing to do if you or your family has a problem with your eyes. The book also helps you to know how to keep your eyes healthy.

Note to the teacher:

This book is an activity book - the children should be active as they use it: the book does not tell them all the answers, it encourages them to think and to do things at school and at home. The book should be used to encourage the children to learn by doing, not by telling.



Class Activity

In these activities the children should be encouraged to do things such as draw, tell or write a story, or perform a task with classmates.



Home Activity

Children should do these activities at home. They could be asked to discuss something with their parents, look at something or make something at home.



Class Discussion

After a story or an activity in class the children discuss the meaning of what they have just learnt.



Health Messages

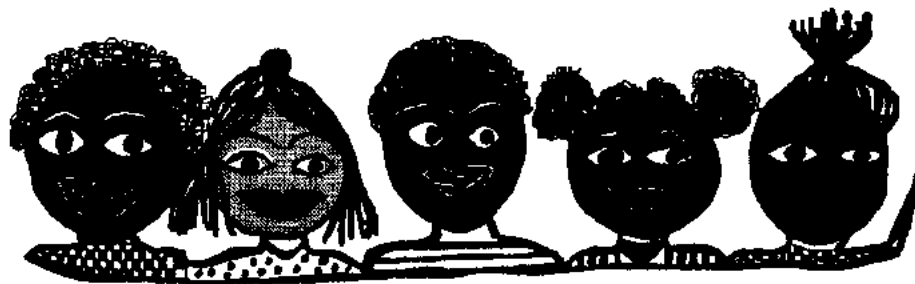
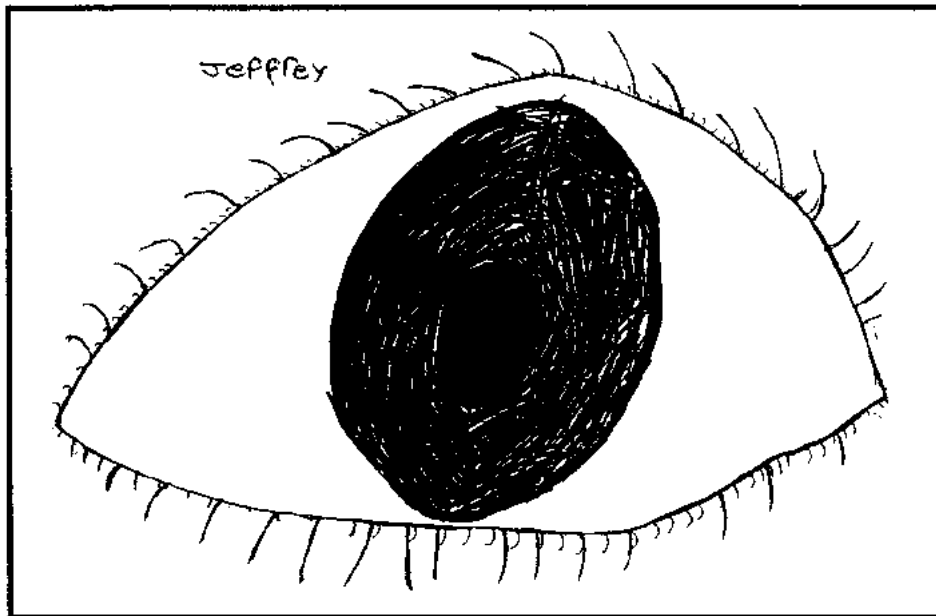
Each section ends with a summary of the main health messages to prevent blindness. All of these messages are written in a box. These messages could be learnt in a number of ways. For example, the teacher could make up a song or make a poster to put on the wall. It is up to you, the teacher, to think of interesting ways to make sure that pupils understand and remember the messages!

Table of Contents

Part 1	Look after your eyes.....	1
	Without eyes, what would we do?	
	What do healthy eyes look like?	
	What can we do to keep our eyes healthy?	
Part 2	What makes some people blind?.....	7
	How can you tell if someone is blind?	
	What causes blindness?	
	What things can hurt the eyes?	
Part 3	Prevent blindness from accidents.....	13
	Things can hit the eyes	
	Things can pierce the eyes	
	Things can fall into the eyes	
	Things can burn the eyes	
Part 4	Prevent blindness from sickness.....	27
	Measles can cause blindness	
	Malnutrition can cause blindness	
	Red and painful eyes can lead to blindness	
Part 5	Do not treat yourself.....	39
	Self treatment that can harm the eyes	
	Self treatment that can help the eyes	
Part 6	Blindness from cataract can be avoided.....	44
	What is a cataract?	
	How can you know if someone has a cataract?	
	How can a person with a cataract be helped to see?	
Part 7	What can we do to help a blind person?.....	46
	Blind people can do many things	
	What can we do to help blind people?	
Conclusion	You Can Prevent Blindness In Your Community!.....	48

Part 1

Look After Your Eyes



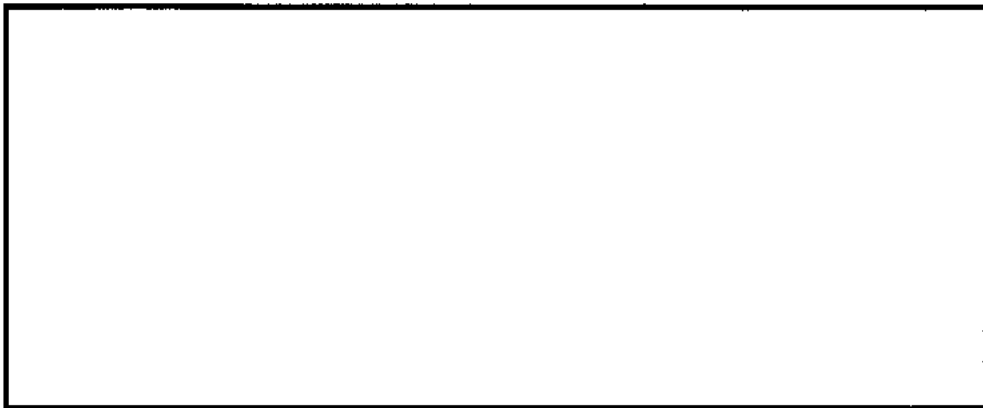
1.1 Without Eyes What Can We Do?



Class Activity

What do you like to see?

In the box, draw a picture of all the things that you like to look at



Class Activity

What is it like to be blind?



Blindfold one person in the class. Ask him or her to walk around the room. Afterwards, talk about what it is like to be in darkness. Then give other children a chance to be blindfolded.

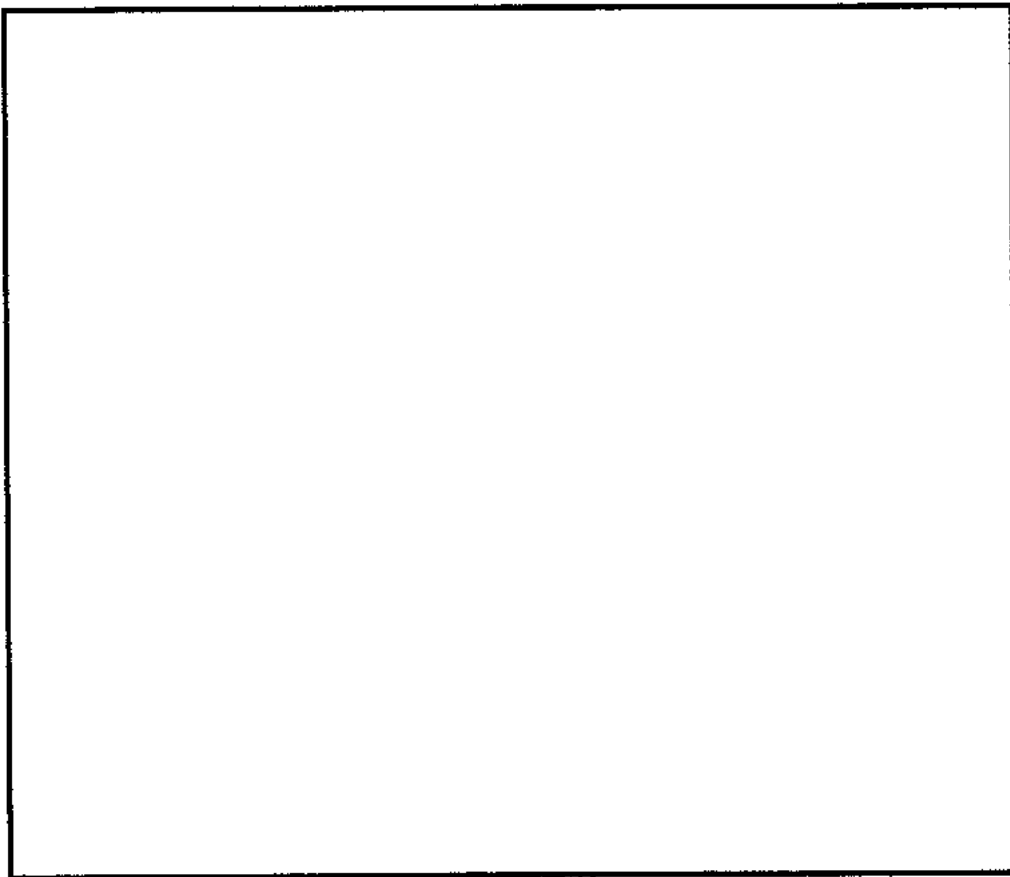
1.2 What Do Healthy Eyes Look Like?



Class Activity

Draw an eye.

Look into your friend's eye. Now draw what you see.



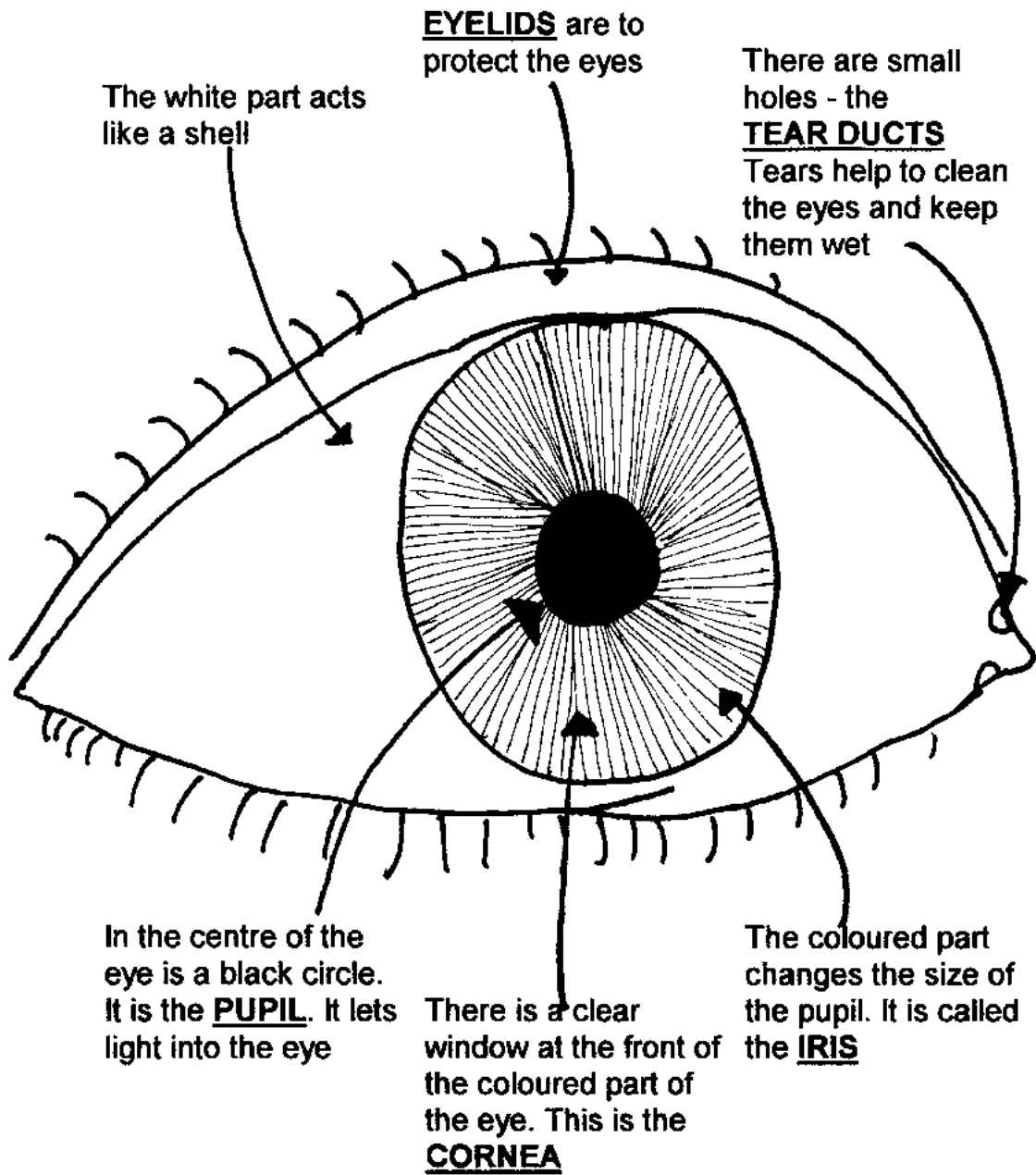
When you drew your friend's eye, did you see that there are different parts in the eye?

Each part has its own work to do to help you to see.

Turn over and you will see what work each part of the eye does.

The Parts of the Eye

The Right Eye



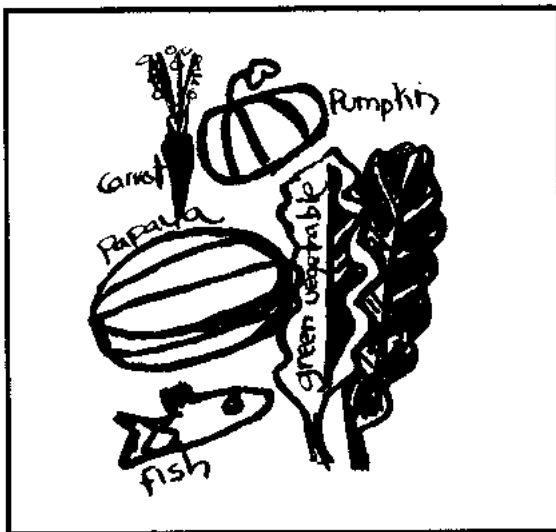
1.3 What Can We Do To Keep Our Eyes Healthy?



There are four things you can do to keep your eyes healthy.



Health Messages



Eat good food



Keep your face clean



Immunize against measles



Go for treatment early



Class Activity

Make up a song.



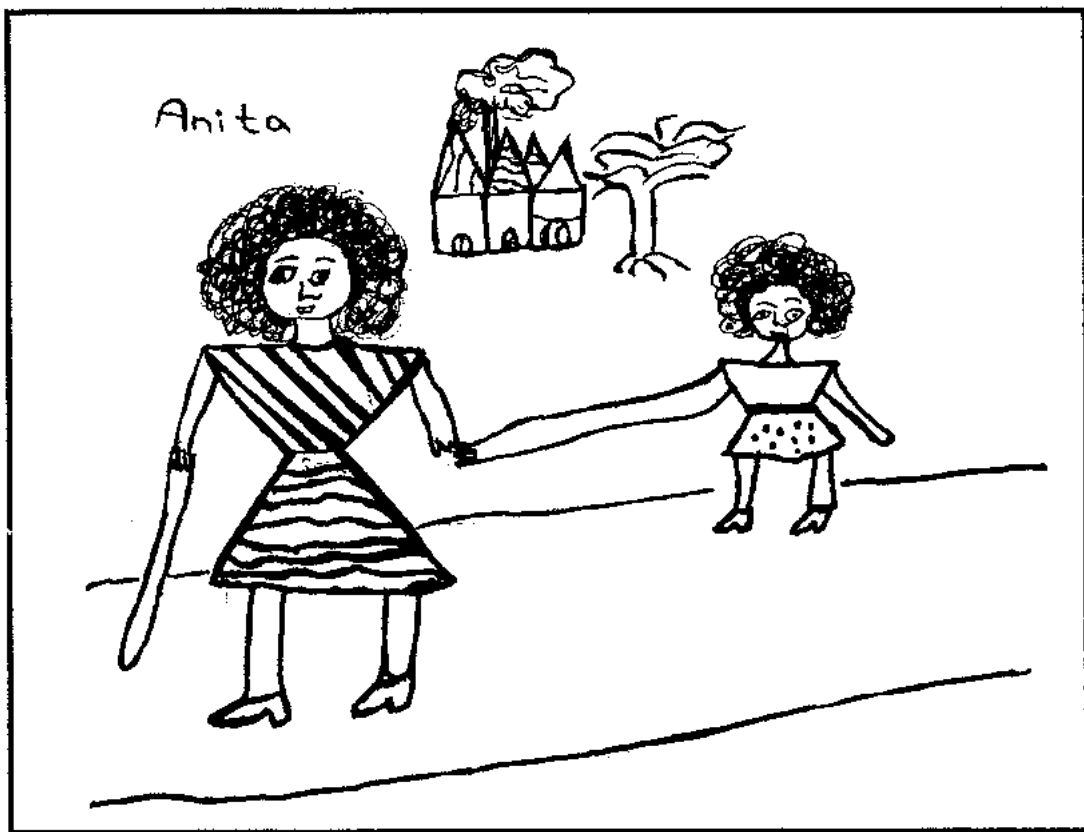
WHAT CAN WE DO TO KEEP EYES HEALTHY?

Eat good food
Wash our faces
Immunize against measles
Go for treatment early



Part 2

What Makes Some People Blind?



Do you know why
some people
become blind?



Class Activity

Draw and write

Draw a picture about yourself or someone who you know who has had an eye problem. The picture should show what happened to the eye, what the person did to get help and what happened after that. Then write a story about your drawing.

A large, empty rectangular box with a black border, intended for the student to draw a picture and write a story about an eye problem.

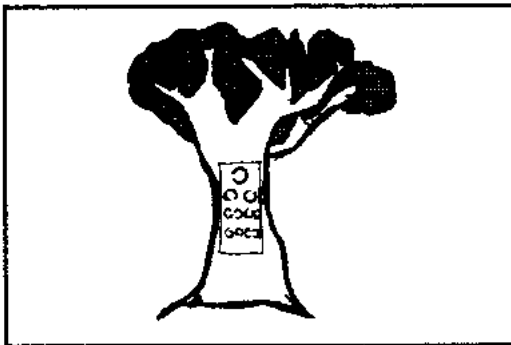
2.1 How Can You Tell If Someone Cannot See Well?



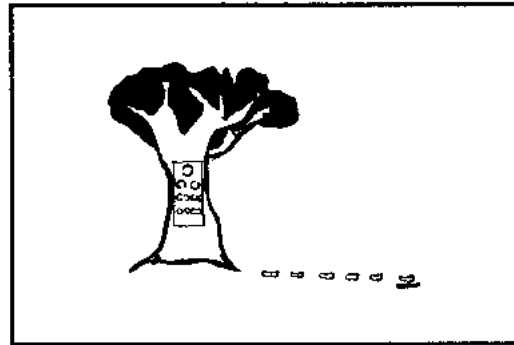
Class Activity

Testing eye sight

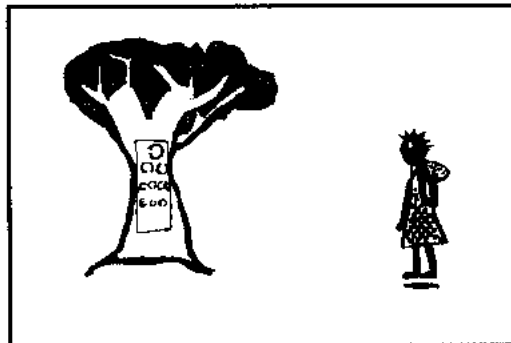
You can find out if someone can see well or not by testing their eyes. Use the chart on the back of this book to test each others eye sight. This is what to do:



1. Attach the card to a wall or a tree.



2. Measure the distance. Take six steps from the tree or wall. Mark on the spot.



3. Ask the person to be tested to stand on the mark and cover the left eye.



4. Point to the big C on the top line. Ask the person to point to where the opening is. Repeat with the rest of the C chart.



5. Now repeat for the other eye. The person should now cover their right eye.

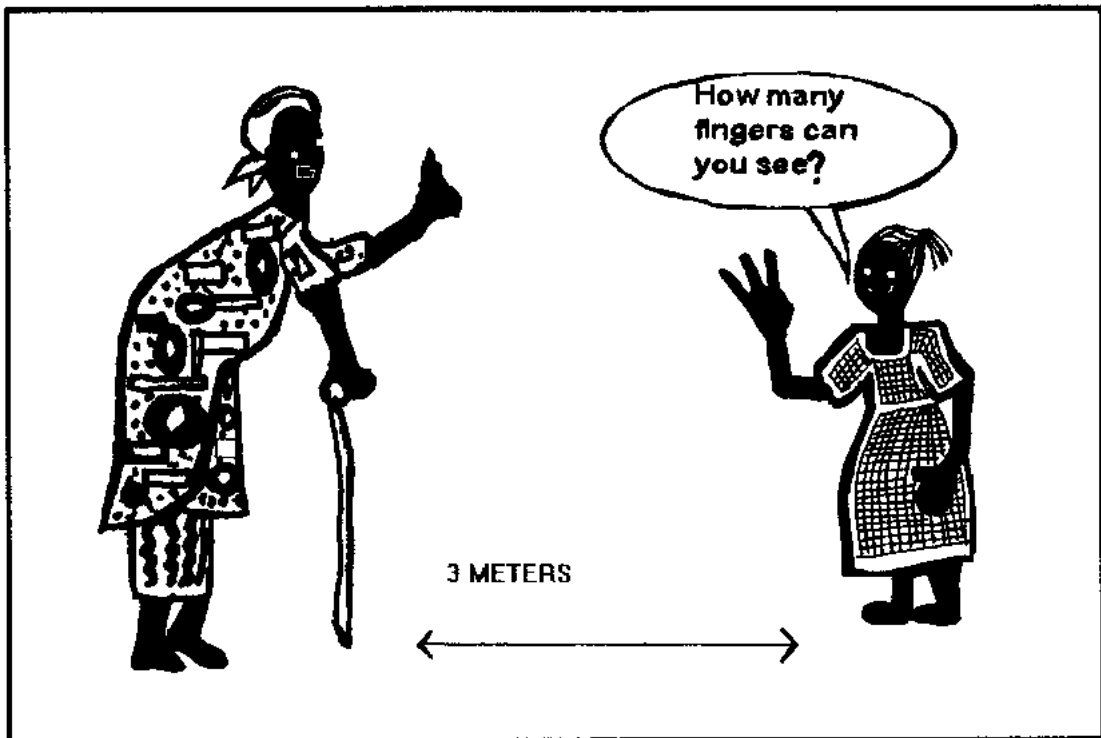
6. Write down the names of the children who do not see the C in line 6/18 or 6/36 or 6/60. This means that they do not see well and they need to be checked.



Home Activity

Testing eyesight at home

At home you can find out if someone is not seeing well by using your fingers instead of the chart.



1. Stand 3 meters away from the person.
2. Hold up 2 or 3 of your fingers.
3. Ask the person to tell you how many fingers he can see.
4. Then try again with 1 or 4 fingers.

Who in your family could not see your fingers well?

2.2 What Can Make a Person Blind?

Did you find people at home who could not count your fingers?
What caused this? Tick the reason in the chart if you know it.

Things That Can Make a Person Blind

1 The person was hurt in the eye	
2 The person had a sickness in the eye and then became blind	
3 The person had a sickness in the body and then became blind	
4 The person became blind after putting something in the eye	
5 The person became blind because he or she was old	
6 The person was born blind	
7 I do not know why the person became blind	
8 If there is another reason write it here	

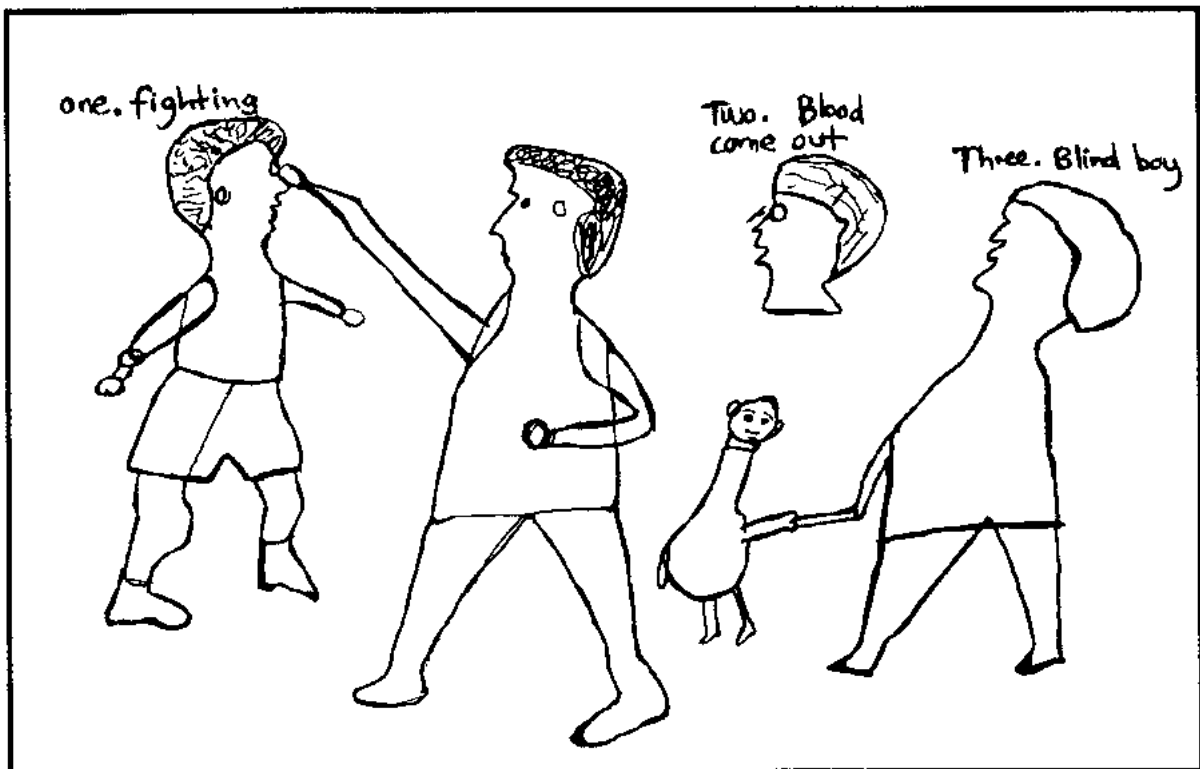


**There are many things
that can make a person
blind. Some can be
PREVENTED**

Notes

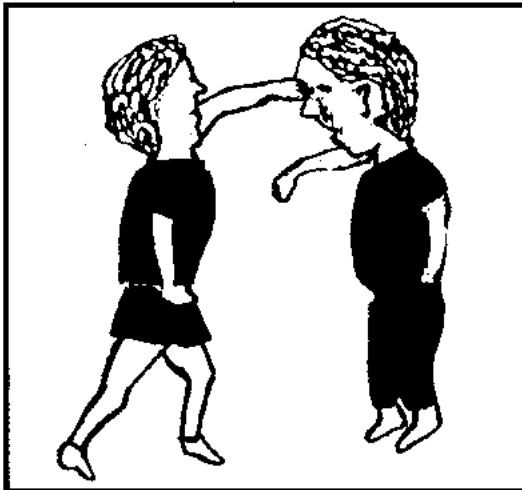
Part 3

Prevent Blindness From Accidents

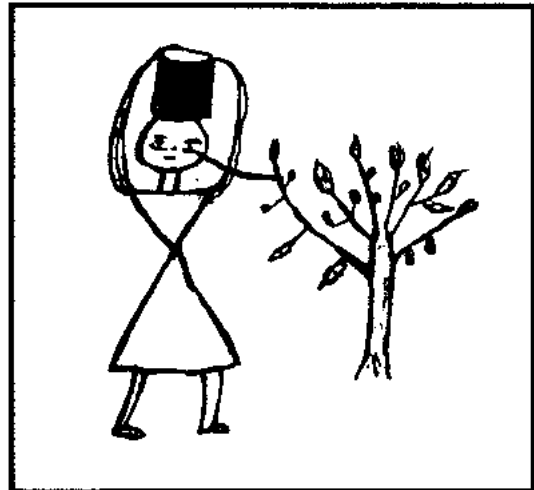


There are many kinds of things which can damage the eyes

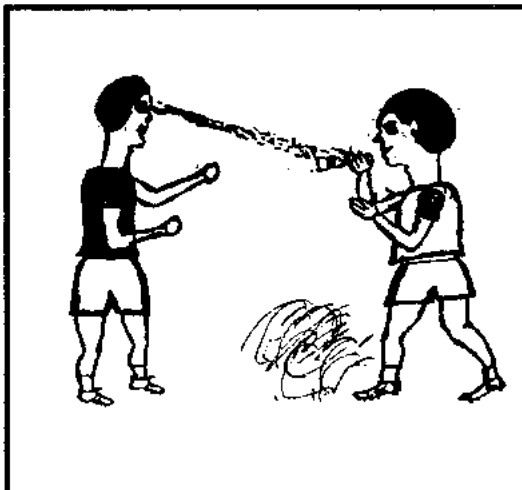
Things that can hurt the eyes



Things can hit the eyes



Things can pierce the eyes



Things can go into the eyes



Things can burn the eyes

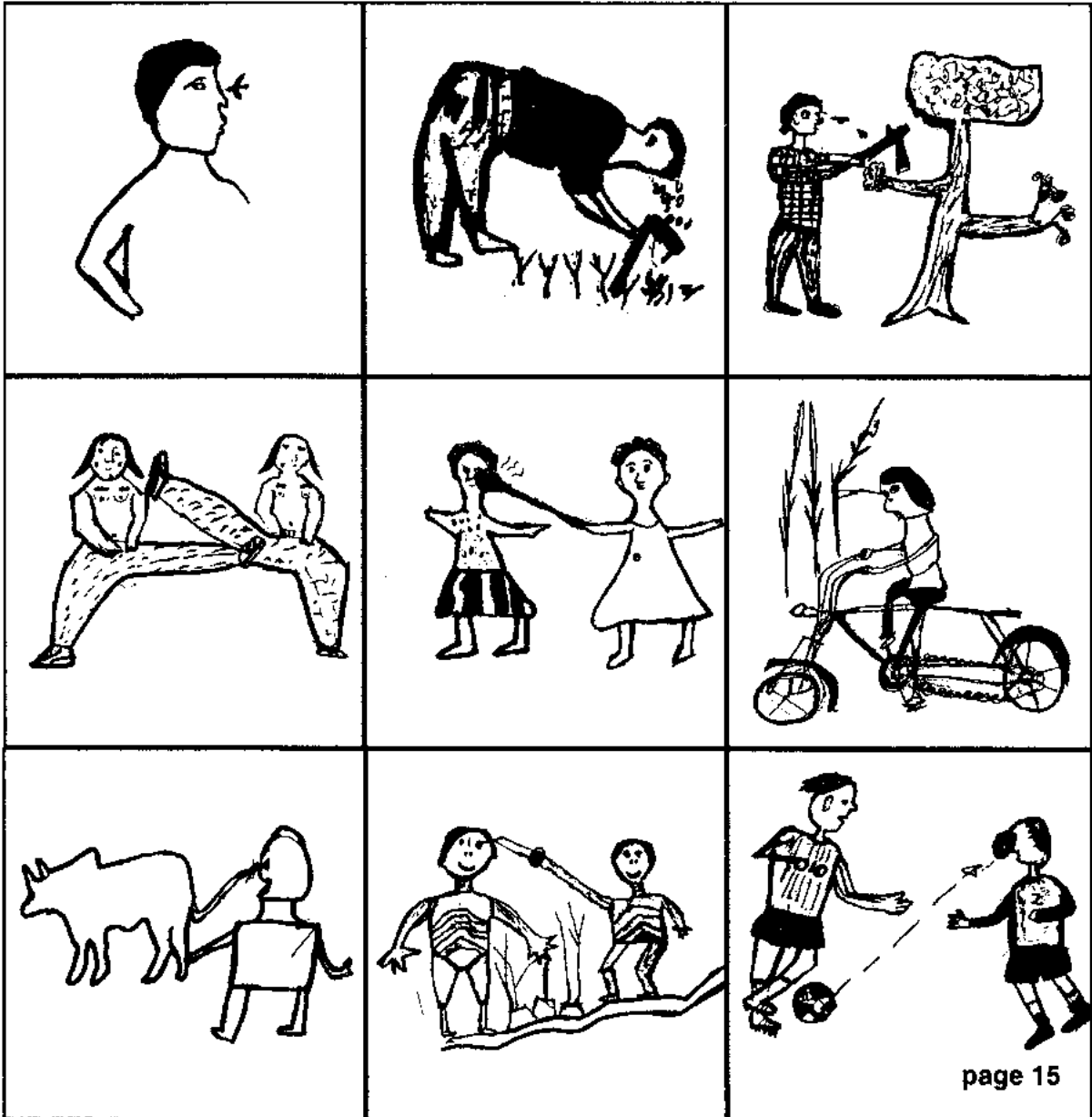


Class Activity

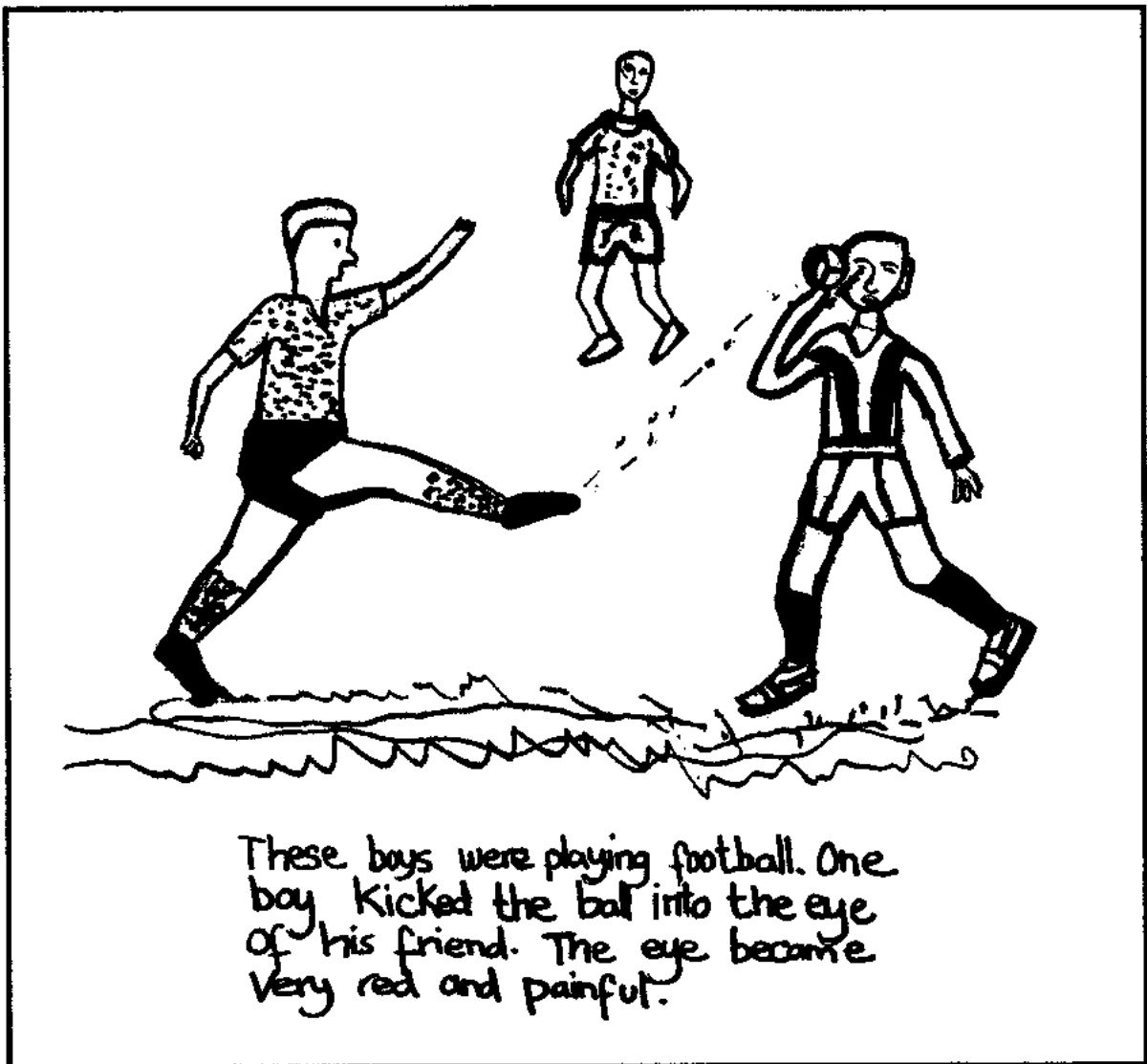
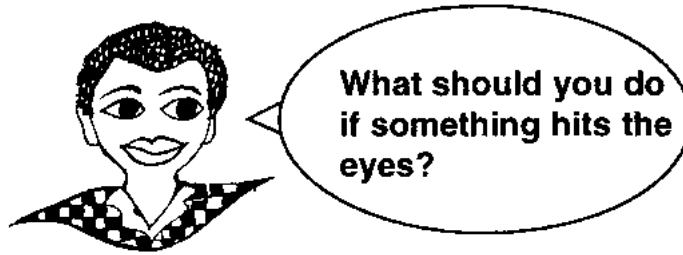
What is happening in these pictures?

Look at these pictures. What kind of accident do you think is happening?
Is it ...

- things hitting the eyes
- things piercing the eyes
- things falling into the eyes
- things burning the eyes



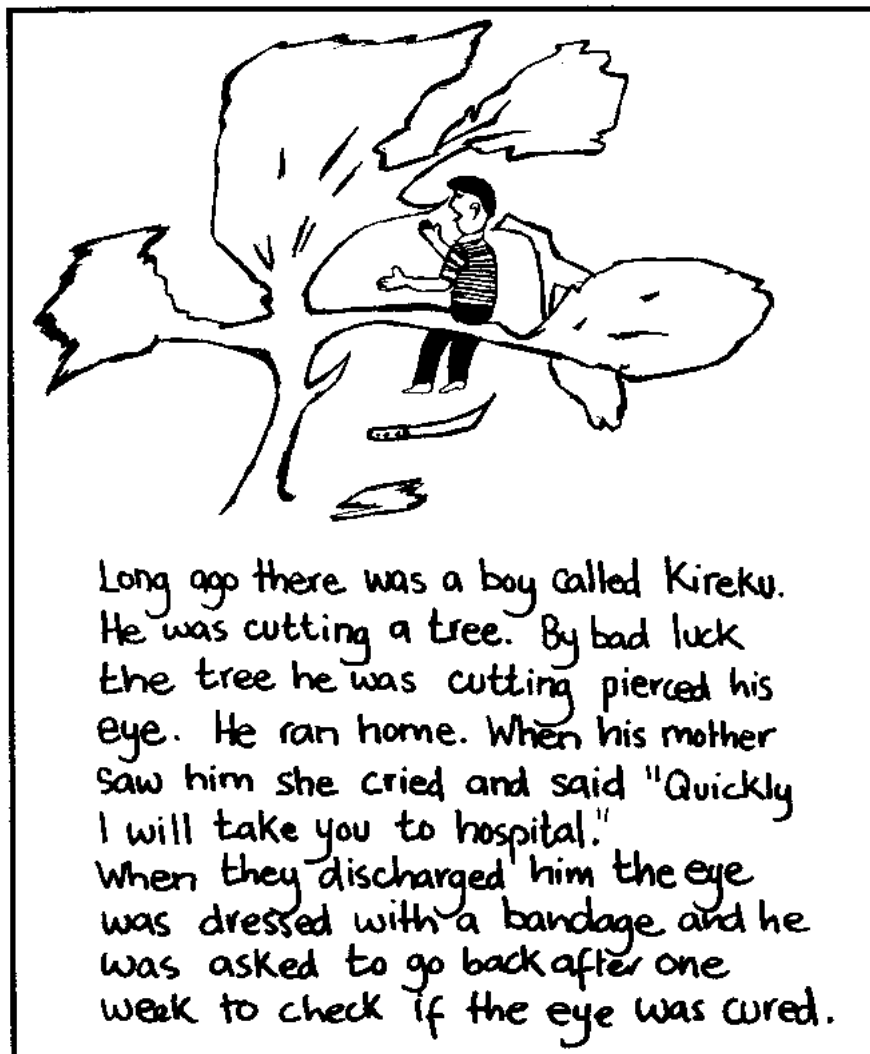
3.1 Things can hit the eyes



Class Discussion

What should the boys do now?

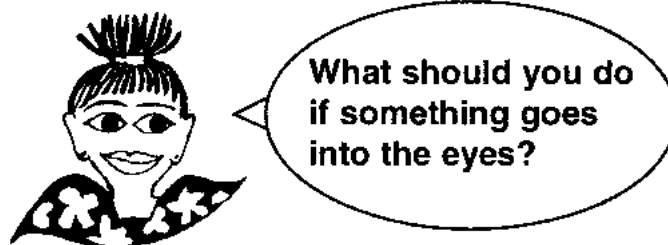
3.2 Things can pierce the eyes



Class Discussion

Did Kireku's mother do the right thing?
What else could she have done?

3.3 Things can go into the eyes



Class Discussion

What should you do if something goes into the eyes?

3.4 Things can burn the eyes



What should you do if there is something burning the eye?

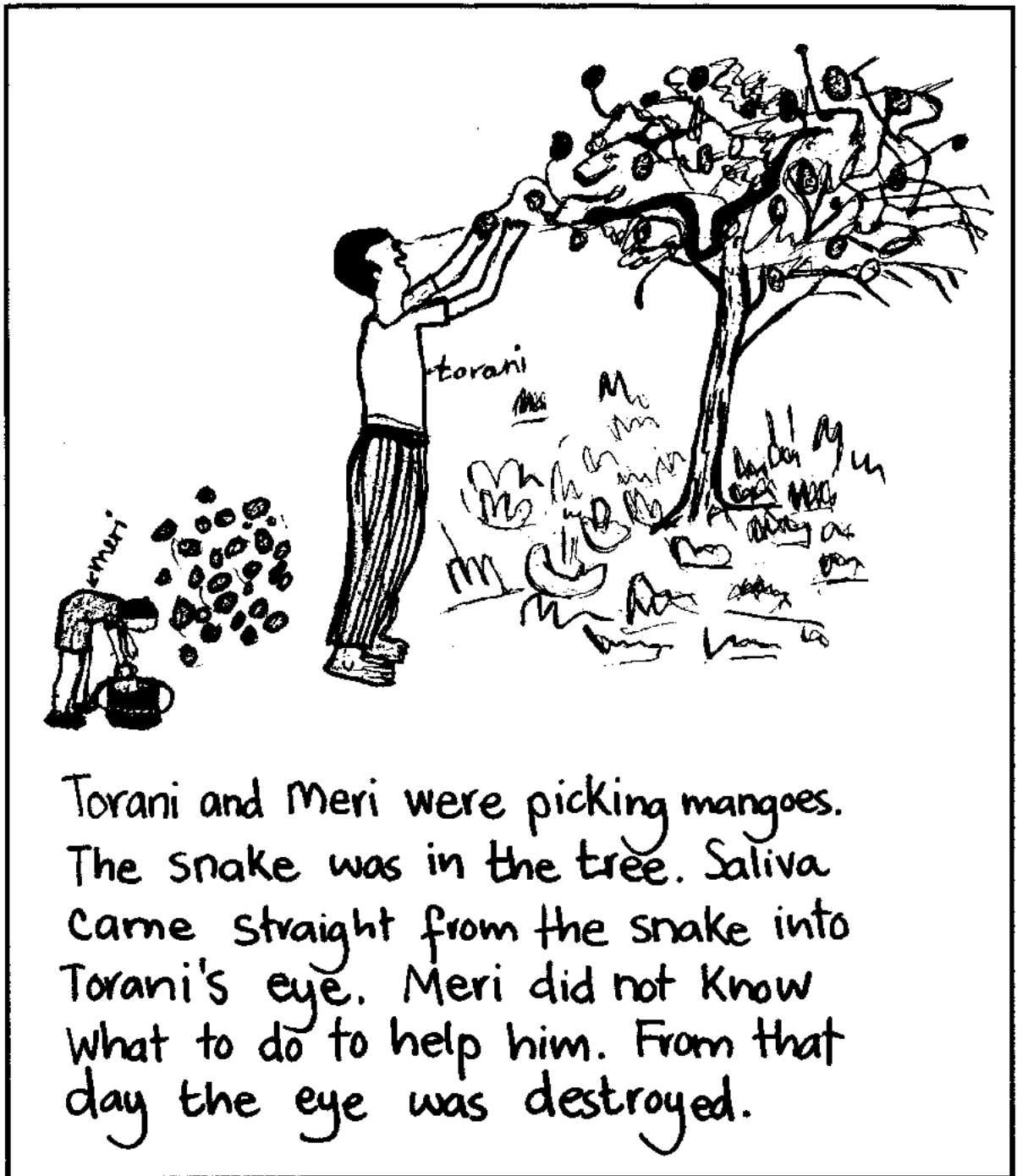


Zione's mother was cooking porridge. The girl was standing near to where the mother was cooking. When they were talking the porridge jumped into her eyes and that was the time when her eyes were damaged. She did not find help and she remained blind.



Class Discussion

How could Zione's mother have helped her?



Torani and Meri were picking mangoes. The snake was in the tree. Saliva came straight from the snake into Torani's eye. Meri did not know what to do to help him. From that day the eye was destroyed.



Class Discussion

What do people in your area do if a snake spits in someone's eyes?



Health messages

What to do if an accident damages the eye.



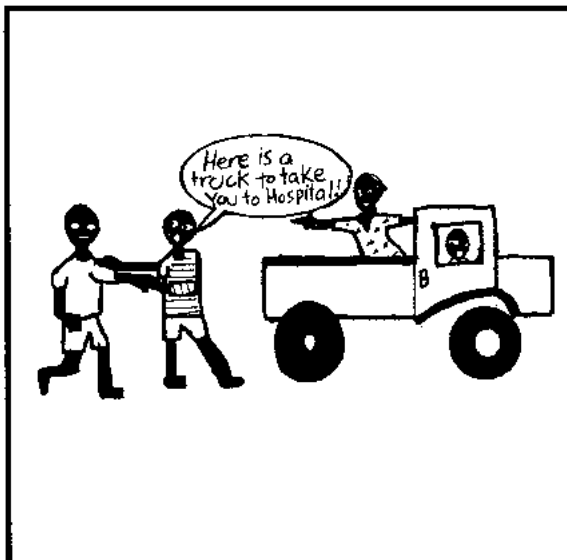
DO NOT PANIC

Tell the person to sit down quietly. Tell the person not to touch the eye.

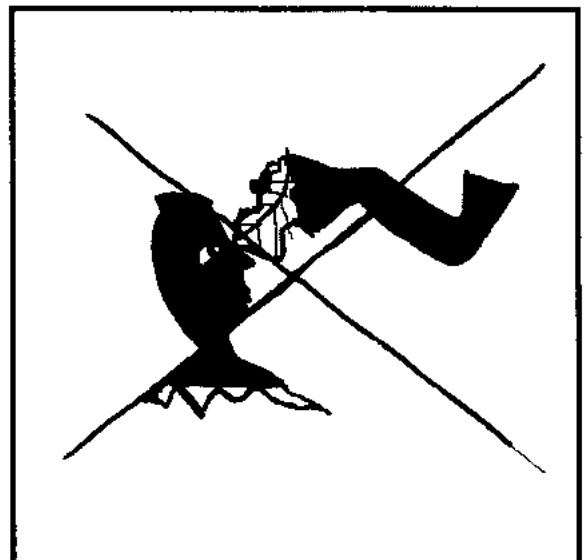


GO AND GET HELP

Call the teacher if you are at school. Call your parents if you are at home.



TAKE THE PERSON TO THE NEAREST CLINIC OR HEALTH CENTRE.



DO NOT PUT ANY LOCAL (TRADITIONAL) MEDICINES IN THE EYE.



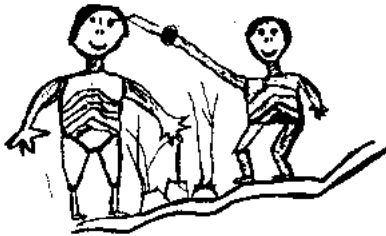
Health messages

What to do about different types of accidents.



If something hits the eye

Do not try to feel if the eye is there.



If something pierces the eye

Do not try to pull it out.

Do not delay to get help. If you waste time, the person might lose the eye.



If something falls in the eye

Do not try to remove it yourself.

Sit quietly for 10 minutes with your eyes closed. This might bring the thing out with tears.

Do not rub your eye.

If it is something small like sand, you can "Look in water". Get a basin or bucket of water and put your face into it. Open your eyes in the water for some minutes to let the thing wash out.



If something burns the eye

Wash the eye for a long time. (see the class activity to know how to wash the eye.)



Class Activity

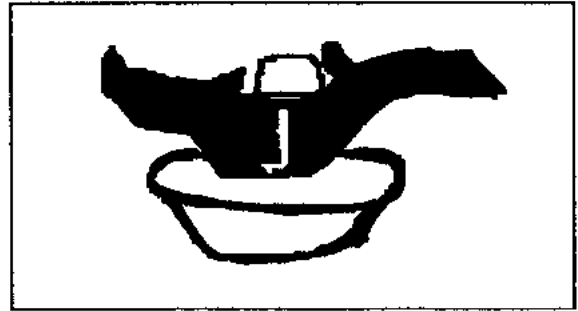
Practice washing the eye.

Make a group of three with your friends. Imagine that one friend has something burning in the eye. Practice washing the eye of your friend.

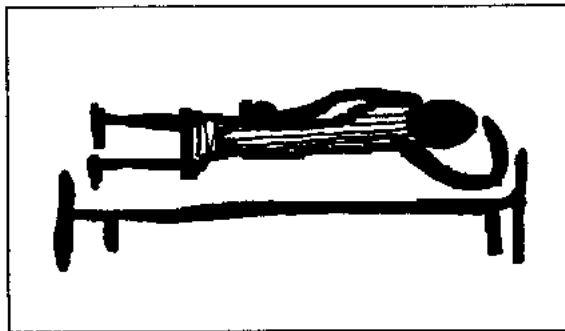


Two people are needed. You will need:

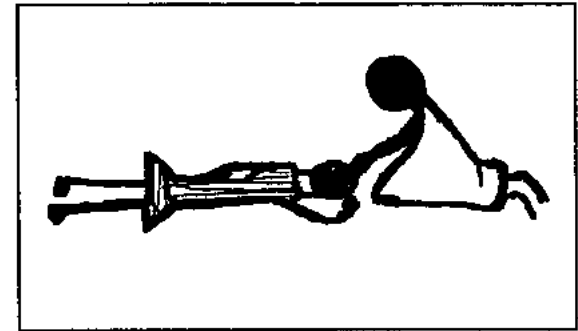
- * A bucket or basin of clean water.
- * A cup.



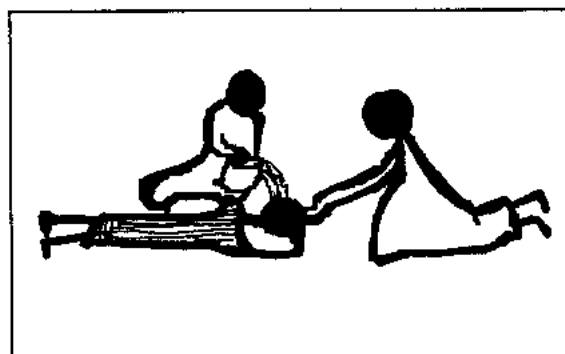
Wash your hands.



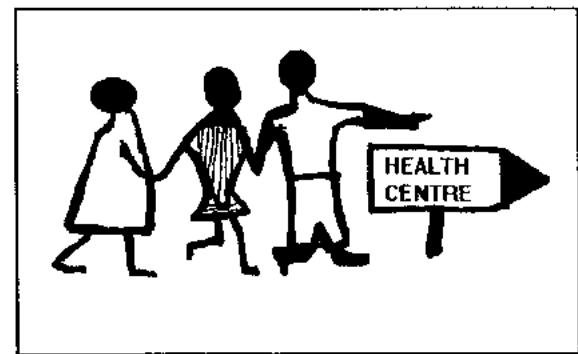
Ask the person to lie on their back with their head tilted towards the eye that is hurt.



One of you should open the eye and keep the eye open.



The other person should pour water into the eye from a distance of 15cm away. Keep pouring for 10 minutes.



When you have done this, look for more help.



Home Activities

Teach others at home to wash eyes.
Find out where the nearest clinic is.

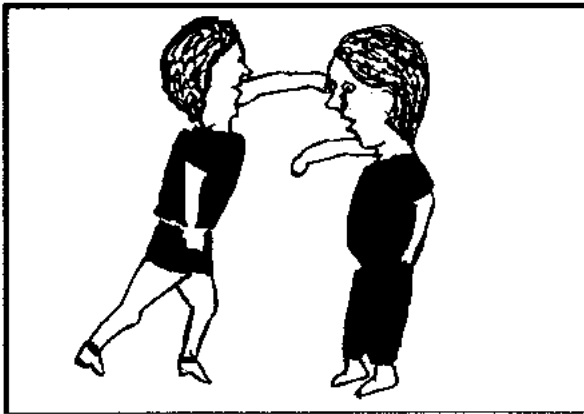


Class Activity

Revision: Draw a picture to show what you have learnt.

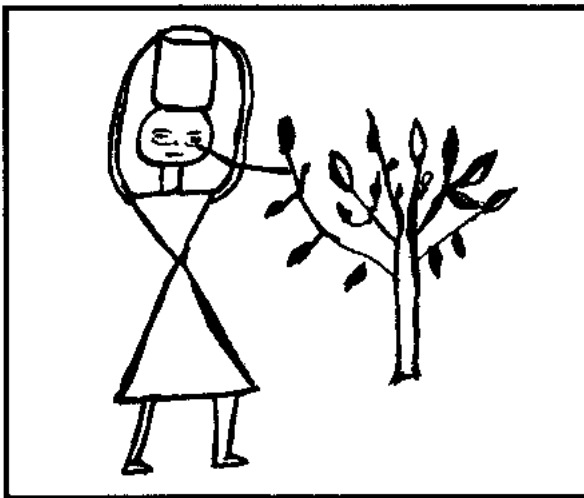


Do you know what to do if your friend's eyes are hurt by accident?



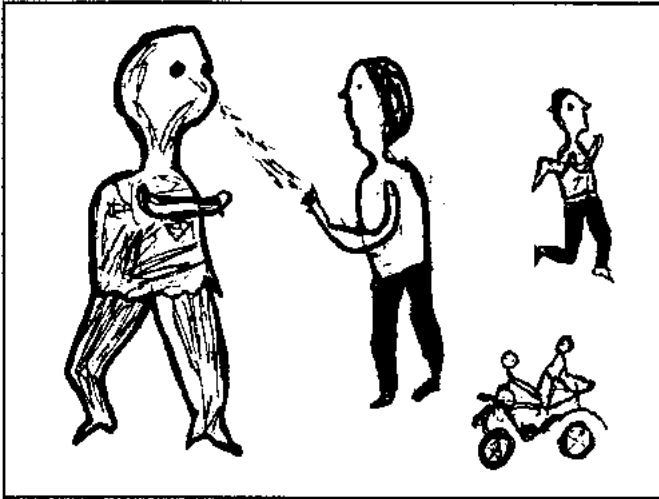
First these boys were playing. Then one boy hit the other one in the eye. The one who hit him was afraid. He ran far away.

Draw a picture to show what you would do to help this boy.



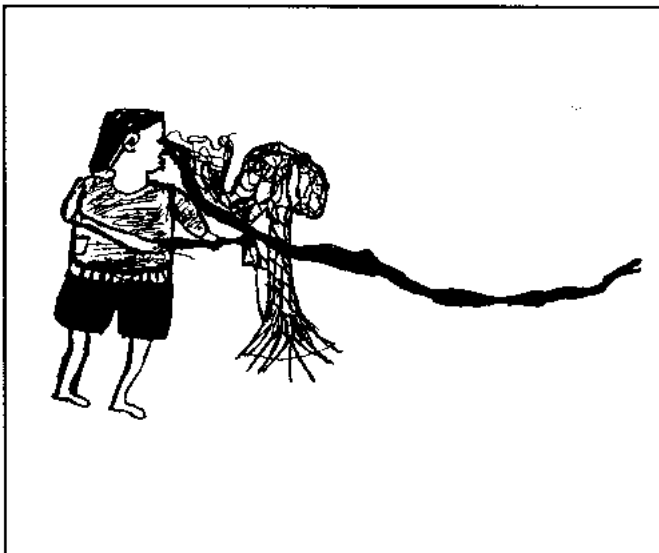
This girl went to draw some water at the well. As she walked home, she walked into a tree and the branch pierced her in the eye. When she reached her village her mother asked her "why are you crying?"

Draw a picture to show what you would do to help the girl.



These people were playing with sand. Some sand went into Salome's eye. The friend was sorry and wanted to help Salome.

Draw a picture to show what the friend would do to help Salome.



Bernard Nyati went to cut wood. There was a snake in the tree and it spat in Bernard's eye.

Draw a picture to show what you would do to help Bernard who has got snake spit burning the eye.

Notes

Part 4

Stop Blindness from Sickness



Some sickness
can make a person
blind.



Measles can make a child go blind

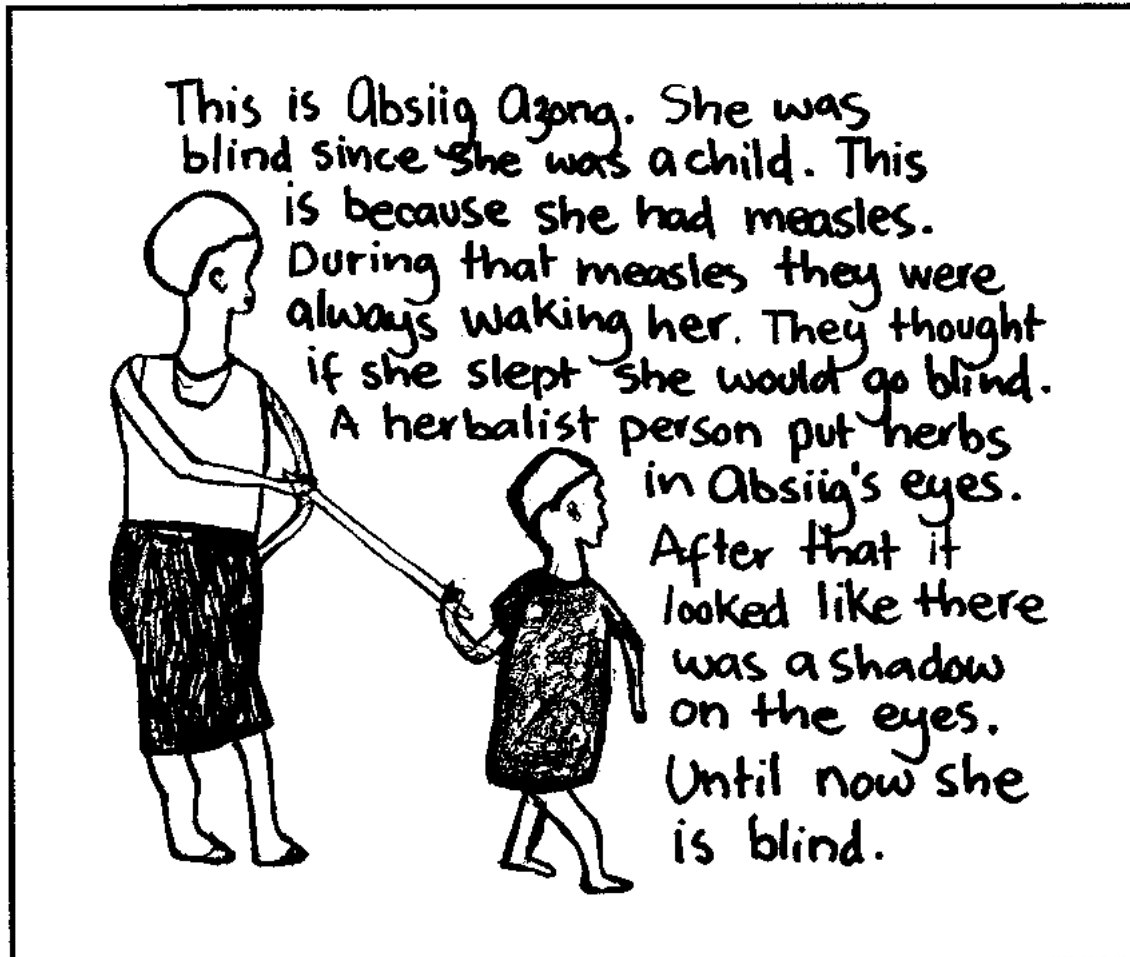


Malnutrition can make a child go blind



Red, painful eyes can lead to blindness

4.1 Measles can make a child go blind



Class Discussion

Is there a local word for measles where you live?

Is it true that a child with measles will go blind if you let him sleep?

Is it a good idea to put herbs in the eyes when a child has measles?



Health messages

Measles is usually a sickness of children. It passes from one child to another. Children who have this sickness have a fever, rashes on the skin, it pains their eyes to look at light and they do not want to eat.

What you can do to prevent blindness from measles

- **Parents should take their babies for immunization against measles.**
- **If a child has measles, do not put local medicines in the eyes.**
- **Do not put medicines in the eyes unless a health worker gives them to you.**
- **Children who have measles should drink a lot of liquids.**
- **When a baby has measles, the mother should continue to breastfeed as often as possible.**
- **When a child has measles, you should give her healthy foods that are easy to eat - like pumpkin, fish, mangoes, milk, eggs, bananas.**
- **If the child cannot open his eyes or if the eyes remain sore after the rash has gone, take him to the health centre as soon as possible**




Class Activity

Draw a picture.

Draw a picture of a child having measles immunisation

4.2 Malnutrition can make a child go blind



This is a story about Atibilla Rockson. For some time he could not see well at night. His mother took him to the health centre. They said it was because he was not eating food that is healthy for the eyes. After that his mother prepared food that is good for the eyes. She cooked fish soup and Spinach. He also ate many mangoes. Now he is well and can see to play even when the sun has gone down.



Class Discussion

Have you ever heard of night blindness?

Is there a word in your language for night blindness or not being able to see well in the evening?

What foods can keep the eyes healthy?



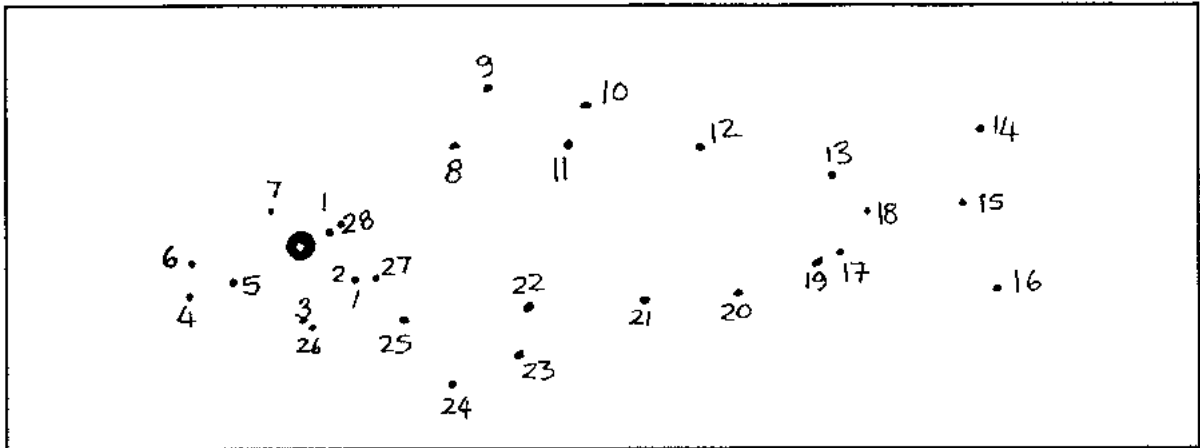
Health messages

If children do not have enough of the right food to eat, they may not grow properly and they will become very thin. Good food is also important for healthy eyes. If a child cannot see properly in the evening this means that he has not been eating enough of the right food to keep his eyes healthy. If he does not get enough of this food he can become completely blind.



Class Activity

Join the numbers.



Join the numbers and you will see one kind of food that is healthy for eyes.



Class Activity

What do you like to see?

In the box draw some other foods which are healthy for eyes

Blank box for drawing.



Class Activity

Make a school garden.

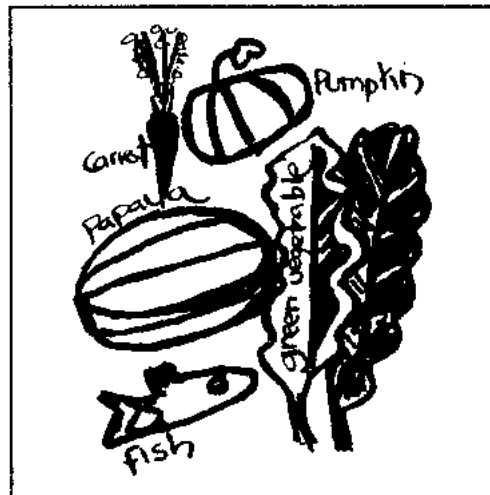
The school can make a kitchen garden and plant fruit trees. Each class in the school can grow different plants that have a lot of Vitamin A that is good for the eyes. For example: papaya, mango, spinach, carrots, pumpkin, and all dark green leaves.

Draw a picture of your school. In your picture you should show where the school garden is. If you do not have a school garden, show where you plan the school garden to be.



Health messages

What you can do to prevent blindness caused by not eating enough of the right foods.



- Eat foods that are healthy for eyes every day.
- Foods that are healthy for eyes contain vitamin A.
- Fruits and vegetables that are yellow, orange red or dark green contain Vitamin A. For example, pumpkin, mango, papaya, carrots, yellow potatoes, and palm oil.
- Other foods that have vitamin A are: fish, milk, liver, breastmilk.
- Give young babies food that is healthy for their eyes as well as breastmilk.
- If a child is sick, continue to give him healthy food.

4.4 Red and painful eyes

Children who have red sore eyes might have an infection in the eyes. Painful eyes that are not treated properly can make a person become blind.



Class Discussion

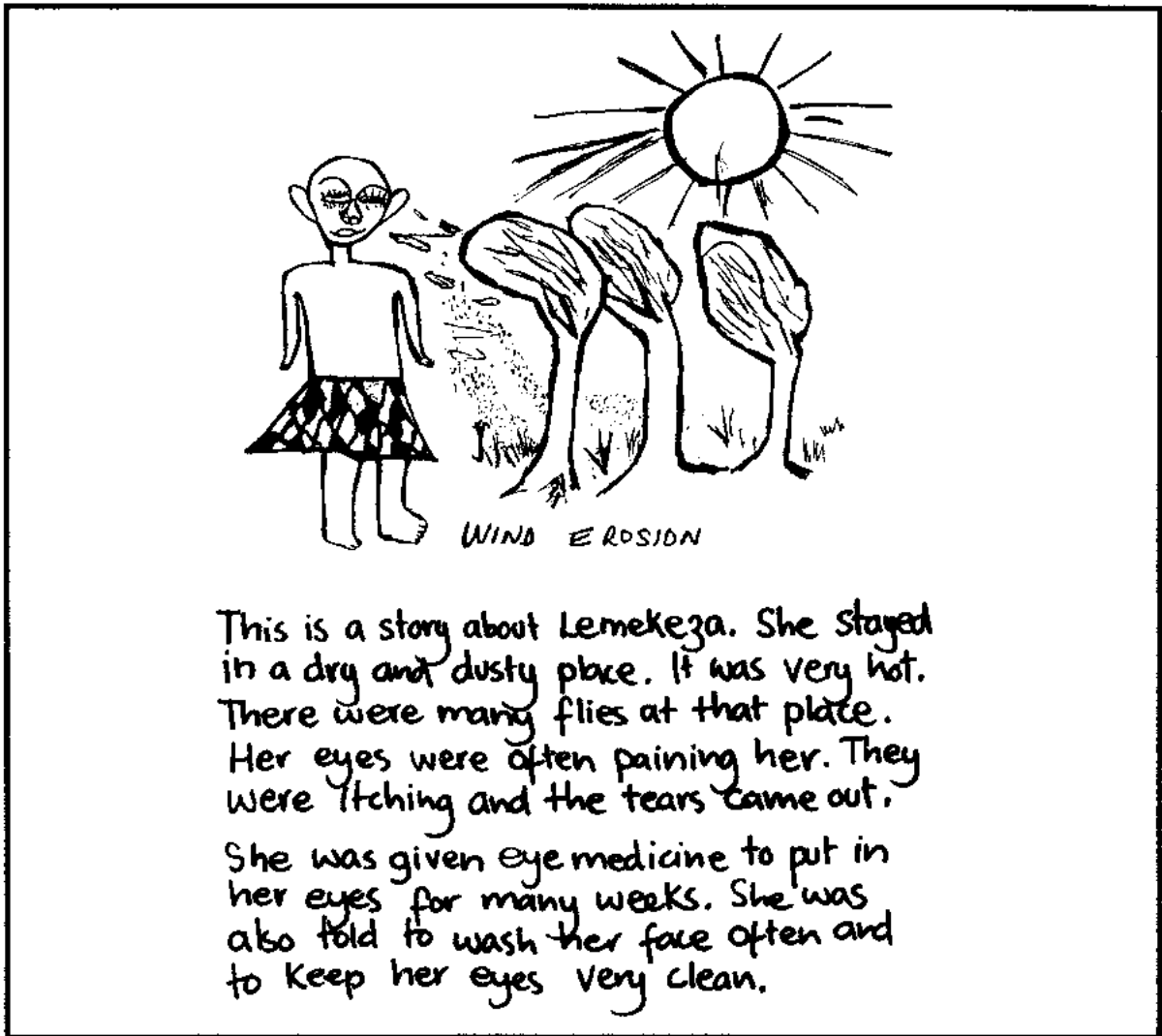
Does it ever happen in your village that many children suffer from painful red eyes at the same time?
Is there a name for this disease?

Write it here.....

What do people do when this happens?.....

How to take care of red or painful eyes.

- Only put ointment in the eyes if a health worker gives it to you.
- Never put traditional treatments in sore, red eyes.
- Never use old medicines or medicines which were meant for another person to treat eyes.
- Eye problems spread easily from person to person. You should keep your face and hands clean to prevent the eye disease from spreading.
- Keep your surroundings clean so that flies do not breed and carry infection.
- Keep your eyes clean.



Class Discussion

Have you ever heard of a disease called trachoma?

Is there a local word for this disease?

Write it here.....

Have you ever seen people in your community who have eye lashes that turn in and scratch the eye?

Is there a local word for this?

Write it here.....



Health messages

Prevent blindness from trachoma.

The disease called trachoma has made many people blind. People with the trachoma infection have very painful and itchy eyes, especially inside the eyelids. Flies and dirty hands can carry the disease from one person's eyes to another person's eyes.

When a person suffers many infections, later in life they can become blind because the eyelashes turn inwards and scratch the cornea (remember the picture on page 4. The cornea is the window of the eye.)

People who have this problem should go to the health centre.

There are four things that can be done to prevent blindness from trachoma.

You can remember them by remembering the word **SAFE**.



S

A simple operation can prevent blindness from turned eye lids



A

Antibiotic eye medicine can be used to treat the infection



F

Keep your face clean and you will be less likely to get the infection



E

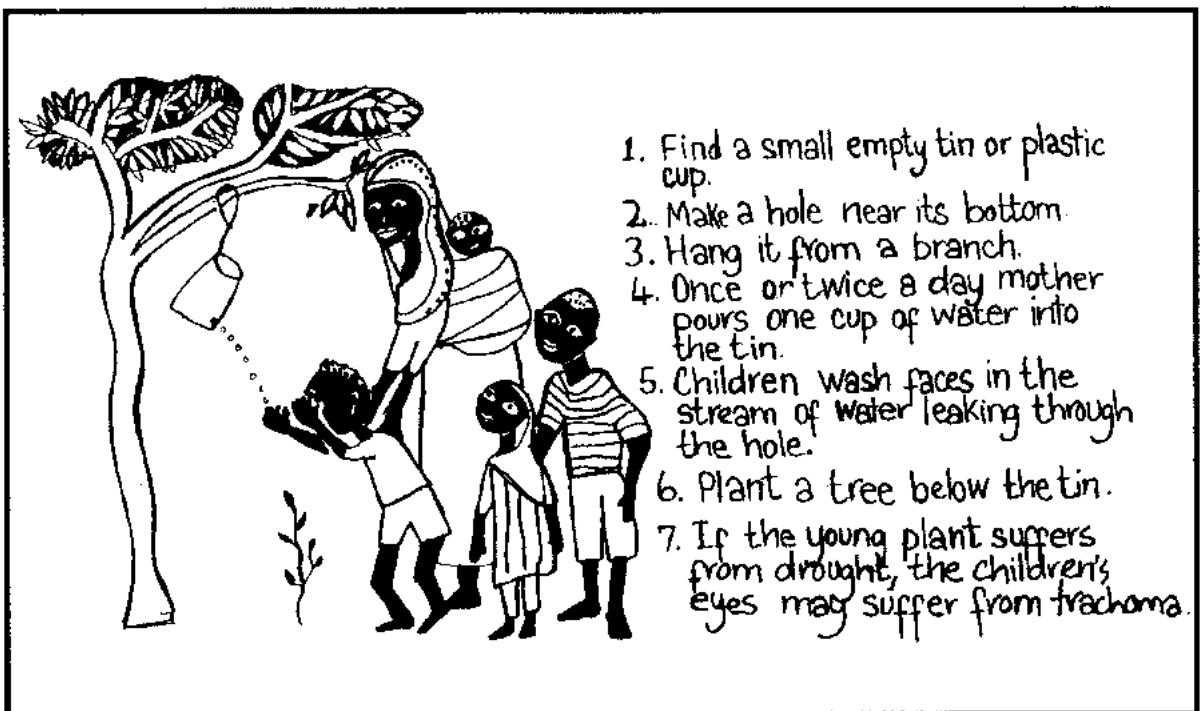
Environmental improvements such as toilets, clean surroundings and a clean water supply can help to reduce the spread of the disease.



Class Activity

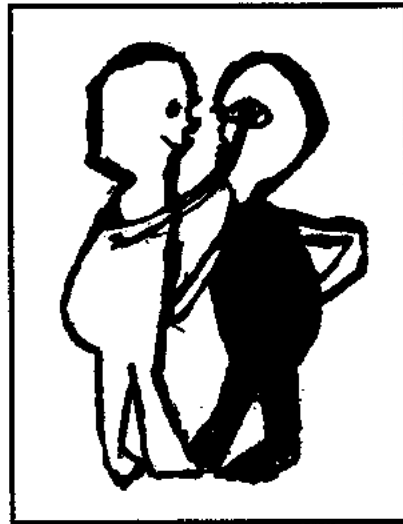
Make a leaky tin

If you live in a place that has little water, make a leaky tin for washing many children's faces.



Part 5

Do Not Treat Yourself



Eyes are very precious. If there is something wrong with them, ask the right person for help. The wrong treatment can lead to blindness.



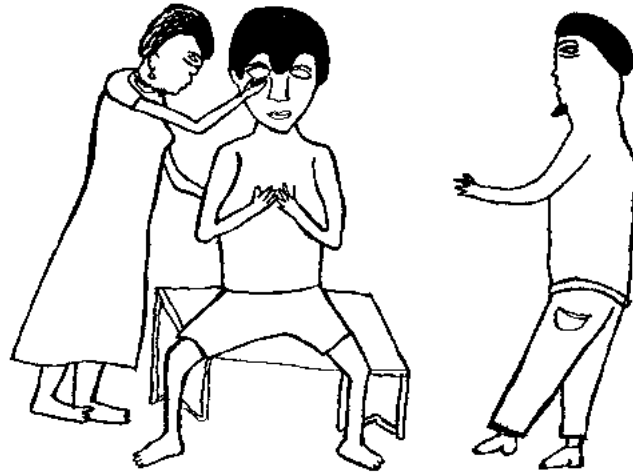
What treatments can harm the eyes?

- **Traditional medicine can damage the eyes**
- **Using other peoples medicines in your eyes can damage your eyes**



What treatments can you do yourself which are not harmful?

- **Clean your eyes with water**



When Atinga was about 5 years his mother was preparing supper and she told him to fan the fire. When the boy was fanning the fire, a piece of charcoal jumped into his eye. He rubbed his eye with his hand. The mother was worried and sent for his father. The father took him to a man who used herbs on his eyes. This made Atinga's eyes become swollen and finally he became blind.



Class Discussion

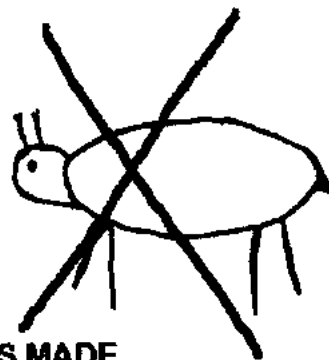
Why did Atinga become blind?



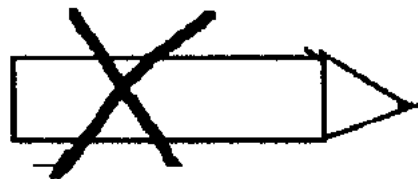
Health messages

Prevent blindness. Do not treat your own eye problems

- Never put medicines made from plants or animals or any other traditional treatment in the eyes
- Never use left over eye ointment
- Do not buy eye medicine from the market unless you are advised by a health worker
- Do not treat yourself many times with chloroquin tablets because if used a lot they can damage your eyes.
- If your eyes are burnt wash them with water only - do not use other medicine.



**DO NOT USE MEDICINES MADE
FROM PLANTS AND ANIMALS**



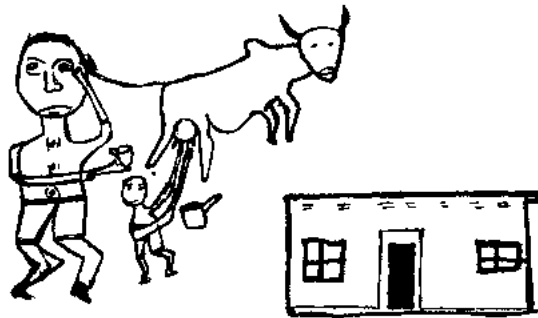
**DO NOT USE OTHER
PEOPLE'S EYE MEDICINE**



Class Activity

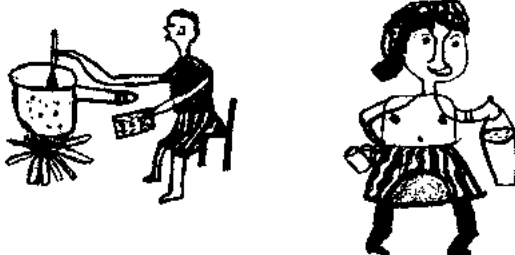
What sort of things can you use to treat your eyes?

Read these stories. Is it good or bad?



This boy got paraffin in his eye. There was no water so he used cows milk to wash his eyes.

is it GOOD or BAD?



This girl burnt her eyes while cooking. She washed her eyes with clean water.

is it GOOD or BAD?

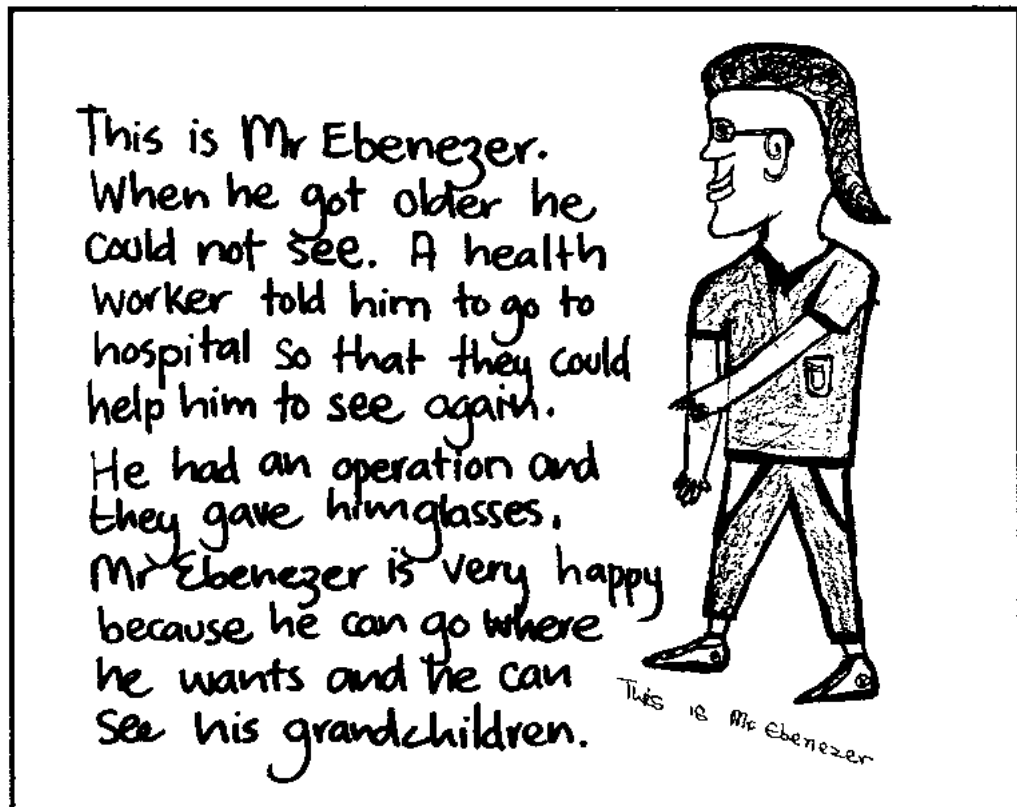


This man was hit in the eye with a beer bottle. They used tomato leaves to treat him

is it GOOD or BAD?

Part 6

Blindness from Cataract Can Be Avoided



Cataract happens to older people. A person who is blind from cataract can be helped to see with an operation.

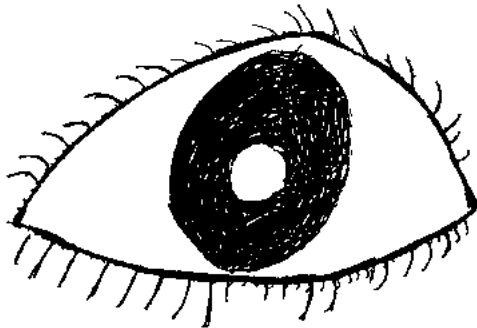


Class Activity

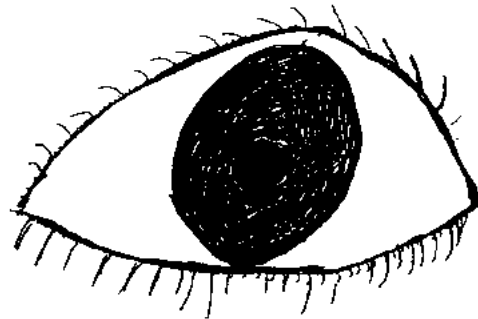
What is it like to have a cataract?

Cover your face with a sheet of tracing paper or thin white paper and look at the light. What can you see? This is what the world looks like for a person who has cataract.

This is because the black part (pupil) becomes cloudy. An operation can help to clean the cloudiness so that the person can see clearly again. It is like removing the paper from in front of your eyes.



Cataract



Normal Eye



Health messages

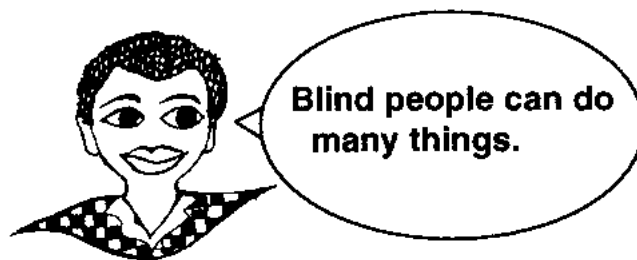
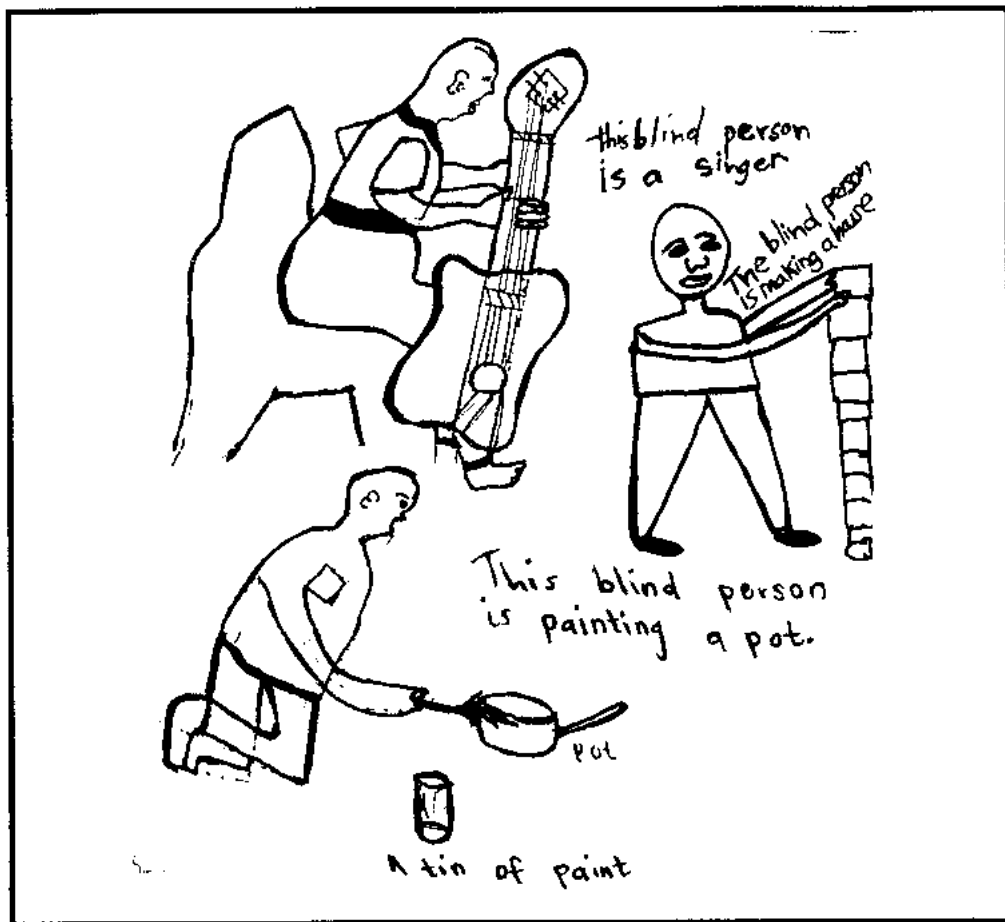
Tell your friends and family that cataract can be treated.

If anyone at home has got a cataract, they should go to the clinic or Health Centre.

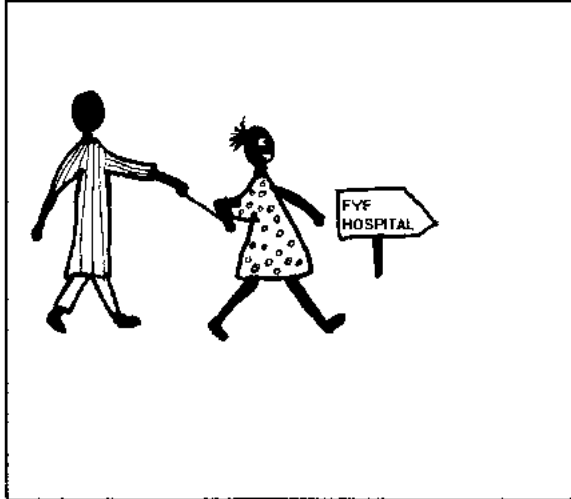


Part 7

How Can We Help a Blind Person?



What can you do to help blind people?



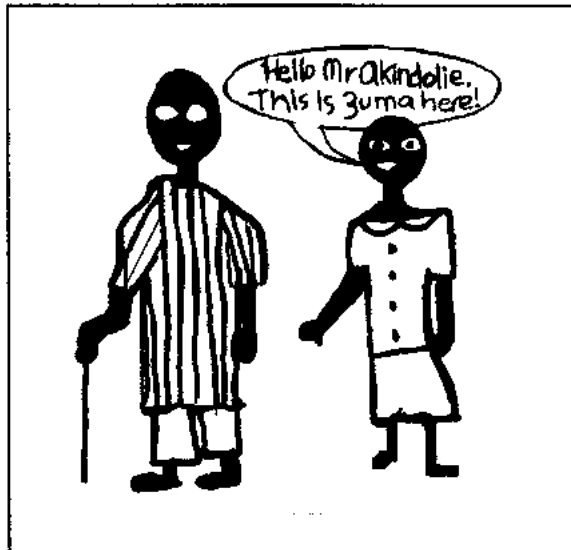
Find out if there is a cure

If you want to help a blind person, first take the person to an eye doctor. The eye doctor will be able to tell you if the blindness can be cured or not.



Think well of blind people

If the blindness cannot be cured, does it mean that the person is useless? NO. Blind people can do many things. Think of their ABILITY not their DISABILITY!



Talk well to blind people

When meeting a blind person, say who you are.



During the conversation, address a blind person by name. If you are leaving the room, tell him/her so that he doesn't talk to himself.

You can prevent blindness in your community!

Now that you have read this book and done the activities,
you can prevent blindness in your community.

**Do not play
carelessly with
stones, sticks, knives
and other things which
can hurt the eyes**



**In case of an
accident go to the
clinic as soon as
possible**

**Keep your faces
clean.**



**Eat good food
like green
vegetables and
fruits**

**Do not use
traditional medicines
in the eyes.**



**Never try to
remove something
from your eye,
always ask for help**

**If there is someone you
know who is
blind, encourage them
to go for help**

**Never put anything in
your eyes unless it
has been given by the
doctor**



**Breast milk can
protect babies
from blindness**

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Linda Petty.

Project co-ordinator

Sarah Stubbs.

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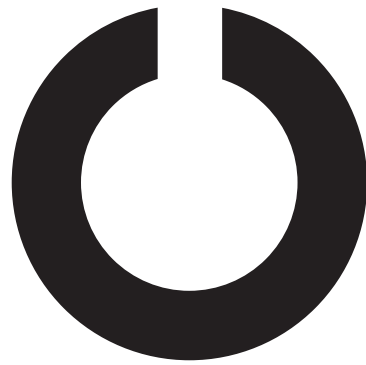
International Resource Centre, ICEH, Institute of Ophthalmology, 11–43 Bath St., London EC1V 9EL, UK
Tel: 0044 20 7608 6923, Fax: 0044 20 7250 3207
E-mail: eyeresource@ucl.ac.uk



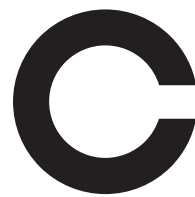
Task Force SIGHT AND LIFE
PO Box 2116, 4002 Basel, Switzerland
E-mail: sight.life@roche.com
Website: <http://www.sightandlife.org>



6/60



6/36



6/18



6/9

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