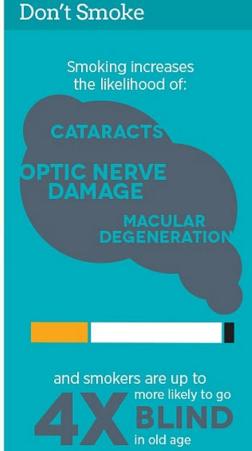
## Healthy Vision Checklist

HOW TO HELP YOUR VISION LAST A LIFETIME



## Sunglasses protect against serious eye conditions caused by UV exposure.





720,000 Canadians have a medical eye injury each year.

44%

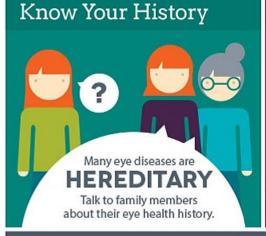
OF INJURIES OCCUR AT HOME

16% AT WORK **14**% at school

15% DURING SPORTS + 11% ON THE ROAD

Common sources of eye injury in the home:

- Home renovations
- Makeup applicators
- Fingernails
- Household cleaning products
- Poorly fit contact lenses
- · Misused contact lenses





## Have An Eye Doctor Who Knows You

Having a Doctor of Optometry who knows you and the history of your eyes helps ensure you get the right care at the right time. Use this space to record your Doctor of Optometry's contact information:

NAME:

PHONE:

