

Can you imagine living without being able to see? It's what happens to people with vision problems. Some people have nearsightedness (little distance vision), astigmatism (blurred area of vision), hyperopia (little close-up vision) cataracts (vision blurred by loss of lens transparency), etc. In order to see correctly some people need to wear glasses or contact lenses. Others need to have surgery to correct their problem.

Eyes are very important in your day to day life so it's important to follow these tips:

- Wear sunglasses when you're outside and when you're playing sports like skiing or hockey.
- Wear protective lenses when working with materials or chemicals, as well as other substances such as wood or metal, because their splinters can get into your eyes.
- Never look directly at the sun.
- If something gets in your eyes, don't scratch or stick your finger directly, as it could cause injury to your eye.

