

Advisory for Parent/Guardian on Vision Screening (Eyesight Test)

Dear Parent/Guardian,

The Health Promotion Board (HPB)'s School Health Service (SHS) conducts vision screening (eyesight test) for students as part of our annual health screening programme in schools.

The vision screening (eyesight) done for your child/ward in school this year showed acceptable vision (visual acuity).

As your child's/ward's vision levels may deteriorate before the next vision screening by the SHS team in school the following year, parents/guardians are advised to monitor and look out for the following symptoms which may suggest that your child's/ward's vision needs correction:

1. Saying that distant objects appear blurred
2. Consistently sitting too close to the TV or holding a book too close when reading
3. Squinting or tilting the head to see better
4. Frequent eye rubbing
5. Sensitivity to light and/or excessive tearing
6. Closing one eye to read or watch TV
7. Avoiding activities which require near vision, such as reading or homework, or distance vision, such as participating in sports or other recreational activities
8. Complaining of headaches or tired eyes
9. Often makes mistakes when copying from the board

If your child/ward has any of the above symptoms, or if you feel that your child/ward may have worsening of vision, it would be advisable to bring him/her to consult an optometrist for further assessment.

Advice on Safe Use of Contact Lenses

1. If your child/ward is considering using contact lenses, he/she should undergo a proper eye examination and contact lens fitting by optometrists or opticians with certificate of contact lens practice (CCLP) and registered with the Optometrists and Opticians Board, Singapore.
2. Always buy your contact lenses from optical shops and registered optometrists/opticians, and not illegal sources such as from online or dubious vendors.
3. Illegal contact lenses are often counterfeit or substandard and they may cause serious harm to the eyesight.
4. For more tips on caring for your contact lenses, you can refer to the following websites:
 - a. <http://www.healthhub.sg> (enter "Eye Care" or "Contact lenses" under the search function)
 - b. <http://www.hsa.gov.sg> (Health Products Regulation > Medical Devices > Medical Devices Advisories > Consumer Advice on Use of Contact Lens)

Deputy Director
School Health Service