



PASSPORT *to* HEALTH

Special
Olympics
**Healthy
Athletes®**



Healthy Athletes® is a Special Olympics program that provides free health screenings and health education in a fun, welcoming environment with a focus on removing the anxiety people with intellectual disabilities often experience when faced with a visit to a medical professional. The impact of Healthy Athletes on the health and wellness of Special Olympics athletes around the world is significant! Since 1997, Healthy Athletes has discovered undetected health problems, alleviated pain and provided health services that otherwise would not be available.

Healthy Athletes is not only a program for athletes but, through training and hands-on experience at screenings, it is a program for health care students and professionals to increase knowledge of best practices in caring for people with intellectual disabilities.

Instructions








- 1 Color in or place a sticker on the icons in each box when you complete the challenge!



2

Remember: Just because you finish your passport doesn't mean healthy behaviors have to stop! Stay healthy by completing these challenges all year long!

Here's an example of what a week might look like for you:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 Healthy Hearing Activity	1 FUN Fitness Activity	1 Fit Feet Activity	1 Special Smiles Activity	1 Health Promotion Activity	1 Strong Minds Activity	1 Opening Eyes Activity
						
30 min walk	10 min stretch	15 min dance	30 min walk	20 min strength	30 min walk	20 min balance

3

Remember, it is important to have a daily schedule. Try writing a daily to-do list, or keep track of your schedule in a day planner!



There are no wrong answers!
Fill in the blanks
with what you
think is best!

Submit for a prize!

4

WAYS
TO
SUBMIT

MAIL

Special Olympics Washington
C/O: Della Norton
2815 2nd Ave, Suite #370
Seattle, WA 98121



EMAIL

dnorton@sowa.org



PHONE

Call the Athlete Hotline:
(206) 681-9378

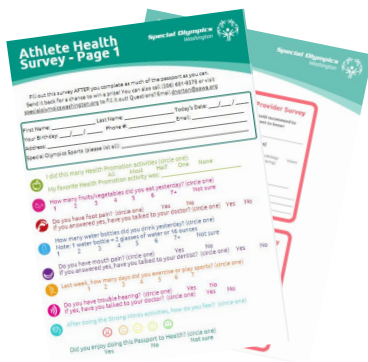


ONLINE SURVEY

Visit:
specialolympicswashington.org
and follow instructions for the
Virtual Games



CUT OUT THE
ATHLETE
HEALTH
SURVEY ON THE
NEXT PAGE



WIN A NEW PAIR OF SNEAKERS!

Athlete Health Survey - Page 1

Special Olympics
Washington



Fill out this survey AFTER you complete as much of the passport as you can.
Send it back for a chance to win a prize! You can also call (206) 681-9378 or visit specialolympicswashington.org to fill it out! Questions? Email dnorton@sowa.org

First Name: _____ Last Name: _____ Today's Date: ___/___/___
Your Birthday: ___/___/___ Phone #: _____ Email: _____
Address: _____
Special Olympics Sports (please list all): _____



How many Health Promotion activities did you do? (select one):

All Most Half One None

My favorite Health Promotion activity was: _____



How many fruits/vegetables did you eat yesterday? (select one)

1 2 3 4 5 6 7+ Not sure



Do you have foot pain? (select one) Yes No

If you answered yes, have you talked to your doctor? (select one) Yes No



How many water bottles did you drink yesterday? (select one)

Note: 1 water bottle = 2 glasses of water or 16 ounces

1 2 3 4 5 6 7+ Not sure



Do you have mouth pain? (circle one) Yes No

If you answered yes, have you talked to your dentist? (select one) Yes No



Last week, how many days did you exercise or play sports? (select one)

1 2 3 4 5 6 7



Do you have trouble hearing? (select one) Yes No

If yes, have you talked to your doctor? (select one) Yes No



After doing the Strong Minds activities, how do you feel? (select one)



Did you enjoy doing this Passport to Health? (select one)

Yes

No

Not sure



Healthy Athletes Preferred Provider Survey

Do you currently see a care provider you would recommend to other Special Olympics Athletes? We want to know!

Name of Provider : _____

Type of service provided: (Circle one or more)

Nutrition/Diet	Primary Care	Dental	Audiology (hearing)	Vision
Podiatry (foot care)	Physical Therapy	Mental Health/ Counseling		

Other: (Please Specify) _____

Location: _____

County: _____

Type of Insurance Accepted: _____

Healthy Athletes Preferred Provider Survey

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Podiatry (foot care)	Physical Therapy	Mental Health/ Counseling		

Other: (Please Specify) _____

Location: _____

County: _____

Type of Insurance Accepted: _____

How to help your athlete

Covid-19 and the subsequent stay at home order has made life difficult for everyone, especially our athletes. Here are some ways you can motivate and encourage your athlete(s) to continue to stay fit and active during this time.

- Join in! Help your athlete with the activities and participate in exercise. The more you join in, the better example you are setting.
- Make fitness fun! Put on your athlete's favorite music, go on walks to your athlete's favorite park, or dance around the house for aerobic exercise!
- Stay positive! It can be easy to get down in our current situation, but it is important that athlete's see you making the most of this weird time.
- Practice self care! You can't be the best caregiver for your athlete if you don't have anything to give! Take breaks, use meditation and calming techniques, and set boundaries for yourself.
- Structure your day! Set aside a time of day to do these activities with your athlete. Leave room in your schedule for rest, extra play, and creativity.
- Help your athlete with activities! Athlete's may need help reading instructions, completing activities, or finding the motivation to start an activity. Help by supporting them through activities and providing some external motivation! Remind your athlete that they will want to be fit and healthy when sports start again!

Special Olympics is here for you!

Special Olympics is still here to keep our athletes thriving during this time. Although we would love to see every athlete at Summer Games, we also want to keep every athlete safe. Below are some resources to keep athletes in shape and ready for the next competition season!



This program includes exercise videos, activity logs, and everything athletes need to stay fit!

Find it here:

<https://www.specialolympics.org/school-of-strength>



Deck of 30 cards that can be printed or used digitally featuring all of the Strong Minds activities. These cards are designed to be used by athletes, coaches, families, teachers, etc.

Find it here:

<https://rb.gy/v8neae>



Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day and drinking 5 water bottles of water per day. This program includes videos, fitness trackers and resources in many languages.

Find it here:

<https://resources.specialolympics.org/health/fitness/fit-5-page>



Know how **COVID-19 SPREADS**

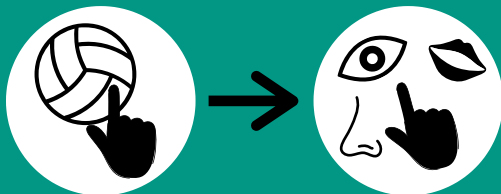
**THE CORONAVIRUS IS SPREAD
FROM PERSON TO PERSON**



**THROUGH TINY DROPLETS
MADE WHEN AN INFECTED
PERSON COUGHS, SNEEZES OR
TALKS.**



**IT'S POSSIBLE, BUT NOT LIKELY,
THAT A PERSON CAN GET
COVID-19 BY TOUCHING A
SURFACE OR OBJECT THAT HAS
THE VIRUS ON IT AND THEN
TOUCHING THEIR OWN MOUTH,
NOSE, OR POSSIBLY EYES.**



**IT'S IMPORTANT TO WASH YOUR HANDS
OFTEN WITH SOAP AND WATER FOR AT
LEAST 20 SECONDS.**

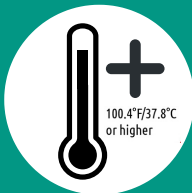




Know the COVID-19 SYMPTOMS

THE FOLLOWING SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE:

MOST COMMON SYMPTOMS



FEVER



COUGH



**SHORTNESS
OF BREATH**

OTHER SYMPTOMS INCLUDE:



SORE THROAT



HEADACHE



CONGESTION



**MUSCLE &
JOINT PAIN**



CHILLS



**NAUSEA OR
VOMITING**



DIARRHEA



**LOSS OF SENSE OF
TASTE OR SMELL**

CONTACT YOUR HEALTHCARE PROVIDER IMMEDIATELY IF YOU EXPERIENCE ANY OF THESE SYMPTOMS.

SOURCE: CDC (CDC.GOV)

*subject to change based on new information from local and national health authorities

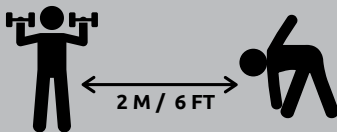


Reduce the spread of COVID-19



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with soap and warm water for at least 20 seconds or use an alcohol-based (minimum of 60% alcohol) hand sanitizer.



MAINTAIN PHYSICAL DISTANCING

Maintain at least 6 feet distance between yourself and others in public.



AVOID TOUCHING YOUR FACE

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



WEAR A CLOTH FACE COVERING

Wear a face covering when you are outside of your home or if you have symptoms of a respiratory illness such as cough, runny nose, or shortness of breath.



COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash and wash your hands or use hand sanitizer after coughing or sneezing.



FREQUENTLY DISINFECT SURFACES

Frequently clean commonly touched surfaces (sports equipment, doorknobs, keys, cell phone, keyboards) with antiseptic cleaner.

STAY AT HOME IF YOU ARE SICK AND CALL YOUR HEALTHCARE PROVIDER FOR FURTHER RECOMMENDATIONS.

SOURCE: CDC (CDC.GOV)



Athlete Self-Assessment COVID-19

DO YOU HAVE ANY OF THESE HIGH-RISK CONDITIONS?

- 65 YEARS OR OLDER
- PEOPLE WHO LIVE IN NURSING HOMES OR LONG TERM CARE FACILITIES
- LUNG, HEART OR LIVER DISEASE
- MODERATE TO SEVERE ASTHMA
- SEVERE OBESITY
- DIABETES
- CHRONIC KIDNEY DISEASE UNDERGOING DIALYSIS
- HEMOGLOBIN DISORDER
- IMMUNOCOMPROMISED
- SERIOUS HEART CONDITIONS
- NONE**



IF YOU ANSWERED "YES" TO HAVING ANY OF THESE CONDITIONS YOU SHOULD CONTINUE TO STAY HOME AND STAY SAFE.

PROCEED TO THE NEXT QUESTIONS

HAVE YOU BEEN NEAR (WITHIN 6 FEET) A PERSON WHO TESTED POSITIVE FOR COVID-19 IN THE PAST 14 DAYS?



DO NOT PARTICIPATE IN ANY ACTIVITY OUTSIDE OF YOUR HOME.

YES

NO

PROCEED TO THE NEXT QUESTIONS

IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS CONTACT YOUR HEALTHCARE PROVIDER IMMEDIATELY.



FEVER



COUGH



SHORTNESS OF BREATH

NONE

PROCEED TO THE NEXT QUESTIONS



IF YOU ANSWERED "YES" TO HAVING ANY OF THESE SYMPTOMS DO NOT PARTICIPATE IN ANY ACTIVITY.

IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, CONTINUE TO MONITOR YOUR HEALTH & CONTACT YOUR HEALTHCARE PROVIDER IMMEDIATELY IF YOUR SYMPTOMS WORSEN.



SORE THROAT



HEADACHE



CONGESTION



MUSCLE & JOINT PAIN



CHILLS



NAUSEA OR VOMITING



DIARRHEA



LOSS OF SENSE OF TASTE OR SMELL

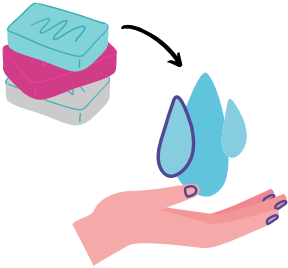


IF YOU ANSWERED "YES" TO HAVING ANY OF THESE SYMPTOMS, DO NOT PARTICIPATE IN ANY ACTIVITY.

NO

YOU CAN PARTICIPATE!

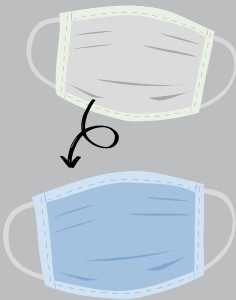
How To: **USE A MASK**



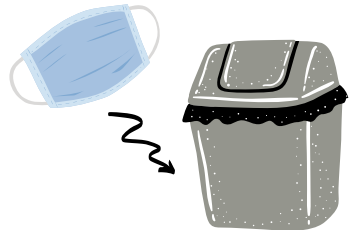
Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.



When you complete a task, check the box or color in the shape!

Hand Washing

1. Wet your hands
2. Apply soap
3. Wash hands for 20 seconds
4. Rinse well
5. Dry hands
6. Turn off water with paper towel



Sun Safety

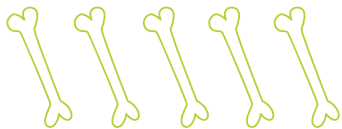
Check the expiration date on your sunscreen and throw away if expired!



Bone Health

Color in the bone when you eat a high-calcium food.

Milk, dark leafy greens, yogurt, & soy milk are great options!



Sun Safety

Color in the shape each time you go into the sun for 10 minutes to help your body produce Vitamin D!



Hydration

Fill in the bottle for each day you drink 5 bottles or glasses (16oz) of water.



Bone Health

Color in the bone when you do a strength exercise on your training plan.





Did you know? Health Promotion focuses on healthy living and healthy lifestyle choices. We can't wait to see our athletes again!

Activity

Color in each activity when you complete it!



stretching



walking



dancing



Weight

I am this tall: _____

I weigh this much: _____

You can check your BMI using Google.
A healthy BMI is 18.5 - 25

Try tracking your weight for 4 weeks!



Week 1



Week 2



Week 3



Week 4

Food Labels

Find two food labels to compare and fill in the blanks.

Nutrition Facts

Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
	% Daily Value*
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts

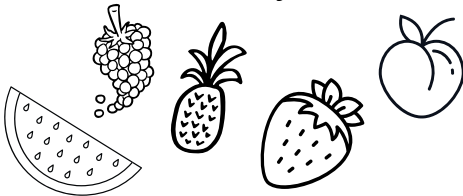
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
	% Daily Value*
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

Food #1

Food #2

Fruits

Color in the fruit each time you eat 2 servings of fruit in one day!



Vegetables

Color in the vegetable each time you eat 3 vegetables in one day!



1 Which food has more sugar?

2 Which food has more fat?



Did you know? Special Olympics Healthy Hearing increases access to hearing care for SO athletes.

Tips to Safely Clean Ears

There are many ways to keep ears clean! If you are concerned about earwax, it is best to talk to your doctor.

- 1 Visit your doctor and ask to have earwax removed
- 2 Clean the outside of your ears with a damp towel or cloth
- 3 Do not insert cotton swabs (Q-tips) into your ear
- 4 Ask your doctor about earwax softener
- 5 Ear wax can accumulate on hearing aids.



Ask your doctor about a pick & brush to help clean your hearing aids.

Listen!

Color in the headphones each time you listen to music on a low volume!



Keep your headphone volume LOW when walking or running near cars.



Hearing Evaluations

It's important to have your hearing checked by a doctor or audiologist.



YES



NO



UNSURE

I have had a hearing evaluation			
My doctor asked me questions about my hearing			
My doctor looked in my ear with a special tool			
My doctor performed a hearing test where I heard beeps			

My hearing was: (select one) Good Not Good



When you complete a task, check the box or color in the shape!

Why is Ear Health Important?

Ear health is part of our overall health.

Good hearing can help you:

- Hear cars and bikes while outside
- Hear conversations with friends and family
- Hear your doctor and health care providers



Ear Protection

Protect your ears in loud environments by using:



Earmuffs

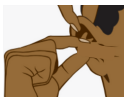


Ear plugs

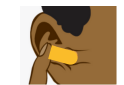
How to wear earplugs:



- 1** Roll the foam earplug down to a tight cylinder



- 2** Gently pull the outer ear up and back



- 3** Insert the earplug fully into the canal and hold for 30-60 seconds

Do You Need a Hearing Check?

Check when complete.

Work with your family, staff or caretaker if you need assistance completing this section.

Select One:

- It is hard for me to hear what people are saying.
It is hard for me to understand people on the phone.
Noises sound muffled or too quiet.
I have ringing in my ears.

- | | |
|-----|----|
| Yes | No |
| Yes | No |
| Yes | No |
| Yes | No |

If you answered 'yes' to one or more questions, ask your doctor, family, caretaker or staff if you need your hearing checked.



Did you know: Special Olympics Strong Minds can help athletes build adaptive coping skills? We can't wait to see our athletes again!

Mental Health

This is a very stressful time.

If you are feeling down, anxious, or experiencing negative emotions, talk to someone you trust, like a friend, family member, or coach.

RESOURCES:

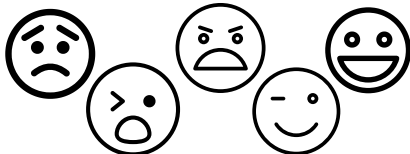
Find a therapist: finder.psychiatry.org

Online therapy: Talkspace.com

Suicide Prevention Hotline: 1-800-273-8255

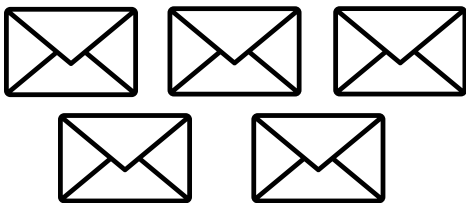
Sharing

Sharing our feelings can help! Color in an emoji for every time you share your feelings with someone you trust!



Letter Writing

Color in an envelope for every letter you write to a friend or family member!



Support

- 1 Think of a family member, friend, or coach who has supported you.
- 2 Call them or write them a letter to thank them.
- 3 Choose someone you can support and call them or write them a letter.



Racism & Resources

Special Olympics Washington has a zero tolerance policy for racism. Racism can negatively affect your mental & physical health.

MENTAL

depression, anxiety,
less self-confidence,
behavioral issues



PHYSICAL

increased stress hormones,
increased blood pressure,
increase risk of heart disease
and breast cancer.



If you or a teammate is experiencing racism, report it to your coach, or directly to staff using the SO Athlete Hotline (206) 681-9378



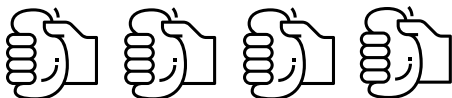
When you complete a task, check the box or color in the shape!

Stress Ball

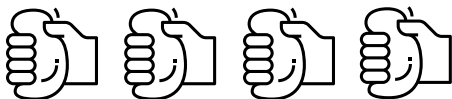


Squeezing a stress ball can help you feel more relaxed and calm.
You can also squeeze a towel, pillow, stuffed animal or pair of socks!

1 Squeeze the ball or object for 3 seconds.



2 Release the ball and any tension in your body.



3 Repeat for 5 minutes.

Positivity

Write something you love about yourself!



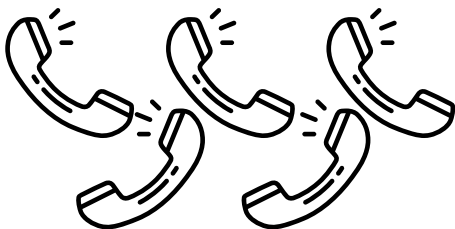
Sleep

Color in the cloud for every night you sleep for 8+ hours.



Phone a Friend

Color in a phone every time you call a loved one.



Deep Breathing

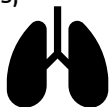
Work with a family member or caretaker on this activity.

Deep breathing can help reduce stress and make you feel calm.

1 Place 1 hand on your belly and 1 hand on your chest

2 Breathe in for 3 seconds, then out for 3 seconds

3 Repeat 10 times





When you complete a task, check the box or color in the shape!



Balance

Check off each balance exercise after you complete it!



Walking On a Line

Find or make a straight line on the floor. Walk on the line for 20 steps.

Leg Swings

Stand on one leg swinging the other leg front to back. Do 10 swings on each side.

Single Leg Stance

Stand on one leg with your arms out to the side. Work up to holding this position for 30 seconds.



Stretching

Try these different stretches!



calf



lunge



hamstring



quad



triceps



shoulder



Safe Homes

Having a safe home can prevent accidents.



Turn on lights in rooms



Pick up all trip hazards off the floor



Add no-slip mats to the shower or bath



Falls

What causes falls?

- Poor balance
- Poor eyesight
- Effects of medications
- Weak muscles
- Worn out shoes
- Uneven surfaces



How can we prevent falls?

- Strength exercises
- Balance exercises
- Get your eyes checked
- Make your home safe
- Take medicine correctly
- Be aware of obstacles

A fall is a loss of balance.



Did you know? FUNfitness provides physical therapy screenings to Special Olympics athletes. We can't wait to see our athletes again!

Strength

Strength is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.



Wall Push-Ups
20 repetitions



Side Leg Lifts
20 repetitions each side



Curl Ups
20 repetitions

Aerobic

Aerobic exercise is movement that makes your heart beat faster.

Color each person for every day you do 30-60 minutes of aerobic activity.



- Dancing
- Biking
- Running
- Brisk Walking
- Swimming

Fun Facts!

Strength training can protect your bones!



Regular exercise can help lower blood pressure.



You use up to 200 muscles to take a single step!



Aerobic FUN

Aerobic activity is good for your body! Aim for 30-60 minutes, 4 times per week. Aerobic activity helps strengthen your heart and lungs!

Write out the aerobic activities you did this week:

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____



When you complete a task, check the box or color in the shape!

Healthy Feet

- Do not** ignore foot pain!
- Don't wear shoes that are too tight
- Don't share shoes



- Do roll a tennis ball under sore feet
- Do stretch feet after a workout
- Protect your feet by wearing socks that keep feet dry



To Do List



- | | |
|---|--|
| <input type="checkbox"/> Throw away socks with holes | <input type="checkbox"/> Check soles of shoes for holes |
| <input type="checkbox"/> Wash feet at every shower or bath | <input type="checkbox"/> Apply lotion to dry, cracked skin |
| <input type="checkbox"/> Dry feet thoroughly after bathing | <input type="checkbox"/> Make sure shoes are not overly worn |
| <input type="checkbox"/> Wear clean socks | <input type="checkbox"/> Dry feet thoroughly after showers |
| <input type="checkbox"/> Check feet for scrapes, cuts, and sore areas regularly | |



Are My Shoes The Right Size?



Did you know foot size can change with time?

Make sure you are wearing the right size by asking these questions:

- Are my shoes pinching my toes?
- Do I get blisters after I walk/run in my shoes?
- Do my shoes slip off at the heel?
- Do my shoes feel too tight?

Select One:

- | | |
|-----|----|
| Yes | No |
| Yes | No |
| Yes | No |
| Yes | No |

if you answered "yes" to any of these questions, you may need a different size of shoes.



Did you know? Fit Feet provides foot and ankle screenings to Special Olympics athletes.

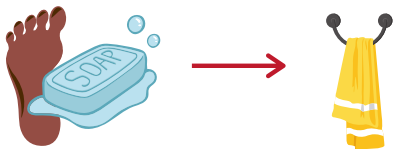
How to Cut Your Nails

Work with a family member or caretaker on this activity.

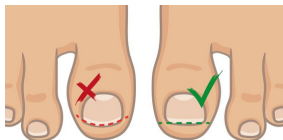


- 1** Get your toe nail clippers.
Make sure they are clean and dry.
Use different clippers than the ones you use for your fingers.

- 2** Make sure your feet are clean and completely dry.



- 3** Cut toenails straight across.
Do not cut nails at an angle.



- 4** Make sure all your nail cuts make it into the trash.
Cut toenails every 6-8 weeks



Fungus



If your nails are discolored or thick, talk to your caretaker, then contact your doctor.



Toenails



Work with a family member or caretaker on this activity.



Color in a foot every time you cut your toenails this summer!
Trim nails straight across.

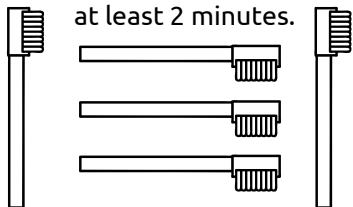




When you complete a task, check the box or color in the shape!

Brushing

Color 1 toothbrush each time you brush your teeth twice a day for at least 2 minutes.



Brushing

Today I cleaned my mouth:

Yes No (select one)

You should clean your teeth for

2

MINUTES

X

2

TIMES PER DAY

I cleaned my teeth for ____ minutes today.

Flossing

Today I flossed my teeth:

Yes No (select one)

You should floss your teeth for

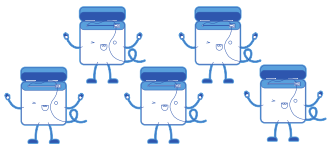
2

MINUTES

I flossed my teeth for ____ minutes.

Flossing

Color the floss every time you floss your teeth for 2 minutes!



Eating for Oral Health

Some foods are **not so good** for our oral health.

Here are some foods to AVOID for a healthy mouth:

- Sugary drinks like soda or fruit juice
- Gummy and sour candy
- Hard candy and lollipops
- Starchy, refined foods that stick to your teeth like potato chips and white bread



Some foods are **good** for our oral health.

Here are some foods to promote a healthy mouth:

- Cheese, milk, and yogurt
- Water
- Celery, carrots, and other crunchy veggies
- Leafy greens (spinach, lettuce, kale)
- Apples and pears





Did you know? Special Smiles provides free dental screenings and guidance on proper brushing and flossing to athletes.

Dentists

Work with a family member or caretaker on this activity.



My dentist is:

My last appointment was:

My next appointment is:

If you don't have an appointment scheduled, call your dentist's office today!

Mouth Guards

Mouth guards can help protect teeth during some sports!



Check the box if you use a mouth guard!

Quiz!

How often do you clean your mouth (select one)?

1+ times per day

2-6 times per week

Once per week

Not sure

Do you have mouth pain?

No Yes-teeth Yes-gums

Pain?



Do you have pain in your mouth?

Call your Dentist or Pacific Dental for a free Teledentistry appointment:

360-568-9694



Choose Water!

Check a box each day you choose water instead of a sugary beverage!

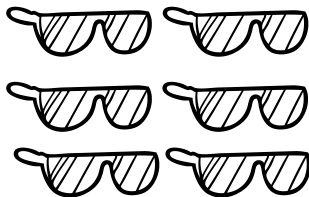
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



When you complete a task, check the box or color in the shape!

Sunglasses

Color in the shapes every time you wear sunglasses to protect your eyes in the sun!



Screen Time

Our devices give off **BLUE LIGHT**.

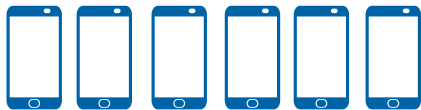


BLUE LIGHT can be harmful.

1. EYE STRAIN
2. POOR SLEEP
3. MACULAR DEGENERATION



Color in the phone every time you take a 1-hour break from looking at a screen.



Prescriptions

If you check more than one box, it's time to talk to your eye doctor!

- I often squint to see things
- I get headaches a lot, especially after reading
- My eyes feel tired at the end of the day
- I have blurry vision
- I have not gotten my prescription checked in over a year

Dry Eyes?

Work with a family member or caretaker on this activity.

Are your eyes often dry and uncomfortable? Try these tips!

1. Use eye drops!
Look for eye drops labeled as "artificial tears" or "lubricating." Make sure to wash your hands before using.
2. Try a warm compress.
Wet a washcloth with slightly warm water and place on your closed eyes.
3. Talk to your eye doctor





Did you know? Opening Eyes provides eye assessments, prescription eyewear, sunglasses and sports goggles to athletes.

Sports Goggles

Did you know basketball is the leading cause of eye injury in the US?

If you check 1+, you may need sports goggles!

- I play basketball
- I wear glasses
- My glasses fall off when I play my sport or exercise
- My eye has been injured while playing my sport



My Eyes

My eye doctor is:

My last eye exam was:

I got new glasses (select one):

Yes No

Eyeglass Maintenance

1 Rinse

- Always rinse your glasses off with water before wiping or cleaning them. Dust and dirt can scratch your lenses.



5 Place Carefully

 **NEVER** lay your glasses lens down.

2 Wash Carefully

- Only use sprays or cleansers that are specifically made to clean eyeglass lenses or dish soap. **NEVER** use spit or household cleaners like Windex.



6 Wash Often

Wash glasses at least once per day.



3 Use the Right Cloth

- NEVER** use paper towels, tissue, or napkins to dry your lenses. **ONLY** use a microfiber glasses cloth or allow glasses to air-dry.



7 Use Two Hands

Use both hands to put glasses on and take them off. Ask for assistance if you need.



4 Store Properly

- Store glasses and sunglasses in a hard case any time you are not wearing them.



8 Fogging Up?

Glasses fogging up while wearing a mask? Make sure you have a tight seal around your nose.



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