



Maryland  
Optometric  
Association



Howard  
County  
Public School System



# BEYOND 20/20 PROGRAM

## HOWARD COUNTY EYE EXAM CLINIC

The Beyond 20/20 Maryland Optometric Association (MOA) outreach program will provide FREE Eye Exams and Glasses to participating Howard County Public School System (HCPSS) students in February and March. The program is a collaborative effort between the MOA, HCPSS, Howard County Health Department (HCHD), local optometry practices, and private and public vision health advocates.

**General Volunteers needed for all eye clinic service dates**

**Feb 29-March 1 and March 7-8 at Howard High School**

**Sign up to help HCPSS students get the vision care they need to succeed.**

Please sign up for a three hour volunteer slot:

- Online Sign Up Genius (preferred)
- <https://www.signupgenius.com/go/9040d44aaab2aa3fe3-beyond2>
- Email [ccarter@marylandoptometry.com](mailto:ccarter@marylandoptometry.com)
- Phone 301-693-4469

\*Interpreters are needed, preferred language (Spanish, Korean, or Burmese)


\*Apply volunteer work towards service hours requirement



Contact Catherine Carter, Beyond 20/20 Project Manager, with any question via email or phone listed above



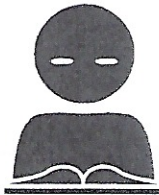
# Eye-Opening Facts for Families

 One in four children has a vision problem, which can have significant impacts on their education and ability to learn.\* Is your child one of them?

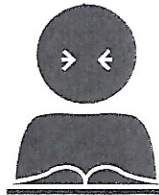
## Warning Signs



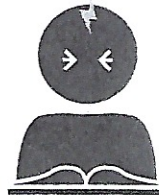
Closes or covers one eye



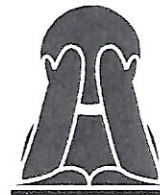
Squints



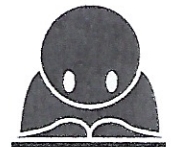
Blinks more than usual



Has headaches

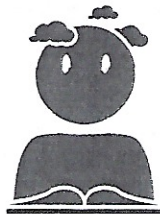


Rubs his eyes frequently

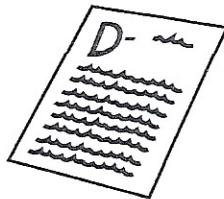


Holds books or other objects too close

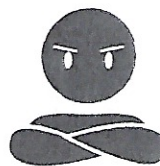
## Effects of poor vision



Difficulty paying attention



Bad grades



Misbehavior



Difficulty playing sports

## What you can do

Schedule a vision exam for your child if you suspect a problem.

Make sure that your child wears sunglasses to protect his or her eyes from the UVA and UVB rays of the sun.

Make sure your child wears protective eyewear when playing sports.

Ask about school vision screening results!

## Resources

There are many locations in your community for your child to get a comprehensive vision exam. Walmart Vision Centers, located inside many Walmart locations, offer kids frame and lens packages. Visit your local Walmart Vision Center for more information about eye exams and current offers.

Most eyewear for kids is at least partially covered by insurance. Medicaid also covers eye exams, eyeglass frames, and lenses for children under 21. Learn more at [allaboutvision.com](http://allaboutvision.com).

To learn more about vision and the effects it has on kids in America, visit [EVFUSA.org](http://EVFUSA.org).

\*Source: American Public Health Association and Vision and Learning, American Foundation for Vision Awareness. June 1, 2002