

**DAVID HARRIS MP
MEMBER FOR WYONG****WYONG RESIDENTS URGED TO GET AN EYE TEST
THIS WORLD SIGHT DAY**

Member for Wyong, David Harris, has joined the World Sight Day, calls for everyone in the Wyong community to look after their eyes.

“We are fortunate to have access to high quality eye care services in our community,” David Harris said.

“I encourage all residents of Wyong to #loveyoureyes and book an eye test today at your local optometrist. Good vision is something you don’t notice or appreciate until it’s gone,” David Harris said.

The Fred Hollows Foundation conducted a survey of a nationally representative sample of Australians which examined people’s knowledge and behaviour when it comes to their eye health, including the impacts of COVID-19.

It found that a quarter (25 per cent) of all NSW residents have “no idea” how often they should get their eyes checked (once every two years is the recommended frequency).

The Foundation’s CEO Ian Wishart said the reminder comes after widespread lockdowns in 2021 have disrupted routines and shifted people’s priorities.

“Blindness and vision loss aren’t just an issue for older people. They affect people at all stages of their lives and The Foundation treats patients of all ages,” Mr Wishart said.

“With all the screen time that people get from a very young age, we also expect that people will be needing eye treatment earlier and earlier in their lives.

“There’s a lot that younger people can do to protect their eye health: get regular eye checks, limit screen time, protect your eyes during sport and eat foods with eye-friendly nutrients – such as Vitamin A, beta-carotene and zinc.

“I urge young people to get their eyes checked at least once every two years, or more frequently if there’s an issue.”

The Foundation's survey also found that one in three young Australians have either had their last eye check more than four years ago or have never had their eyes checked.

The most common reason young Australians cite for not getting their eyes checked are that their eyes are fine and eye health is not a pressing concern.

Pledge to get your eyes tested today: www.hollows.org/world-sight-day-eye-test-pledge

Resources:

What to expect at an eye test? www.hollows.org/au/blog/what-to-expect-at-an-eye-test

10 things you can do to look after your eyes during COVID-19:

www.hollows.org/au/blog/10-things-you-can-do-to-look-after-your-eyes-during-covid-19.

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