



PUBLIC HEALTH NOTES

DECEMBER 2020 VOLUME 2, ISSUE 7

I Can See Clearly Now: Vision Screening

Ontario Health Insurance Plan (OHIP) covers the cost of a comprehensive eye examination once every 12 months for all children (0-19 years) who have a valid OHIP card.



Vision is an important part of learning and development. Approximately 80% of classroom learning occurs through the eyes.¹ If left untreated, certain vision problems can lead to permanent vision loss.

IMPORTANCE OF EYE EXAMS

Comprehensive eye examinations by an optometrist are essential. It is important to start early, since young children do not know what normal vision is. The Canadian Association of Optometrists recommends the following:

- Infants and toddlers should have their first eye examination between the ages of 6 and 9 months.
- Preschool children should have at least one eye examination between the ages of 2 and 5 years.
- School children aged 6 to 19 years should have an eye examination annually.²

FINANCIAL ASSISTANCE

The Eye See...Eye Learn® program will provide one pair of glasses to eligible junior kindergarten students (4 years of age) who are in need. The estimated value of the glasses is over \$250.

Please visit the program website for age eligibility requirements and a list of participating optometrists.

SCHOOL VISION SCREENING PROGRAM

RCDHU is asking for your support in encouraging communication with families as the COVID-19 pandemic has limited our access into schools. Typically, during the school year, health unit staff visit children in **senior kindergarten** to complete vision screenings.

RCDHU promotes and encourages parents to take their children for annual OHIP-covered eye examinations.



SCHOOL VISION SCREENING PROGRAM

For additional information:

www.rcdhu.com

(613) 732-3629 ext. 661

References:

1. Canadian Association of Optometrists. Retrieved from: <https://opto.ca/health-library/difficult-activities-for-children-with-vision-problems>

2. Canadian Association of Optometrists. Retrieved from: <https://opto.ca/health-library/frequency-of-eye-examinations>