



MEDIA RELEASE

TO EMBARGO: October 13 2022

FOR IMMEDIATE RELEASE

Priority: **HIGH**

Ministry of Social Development and Family Services commemorates World Sight Day!

Port of Spain--- The Ministry of Social Development and Family Services joins with the international community on the occasion of World Sight Day on October 13. Celebrated on the second Thursday in October, this year’s commemoration encourages persons to *#LoveYourEyes* and highlights that one billion persons are living with vision loss globally, but do not have access to eye care while simultaneously, encouraging those individuals not yet impacted by vision loss, to care for their own eyes.

Aided by the continued efforts of the Ministry’s NGO Unit, citizens can access support for eye care from the following organizations:

TTBWA:	Trinidad and Tobago Blind Welfare Association	624-4675
PAVI:	Persons Associated with Vision Impairment	220-1073
CODE-F	Council for the Development and Enhancement of the Family	755-2455

In her message to the national community, Senator the Honourable Donna Cox, Minister of Social Development and Family Services urged all citizens to *#LoveYourEyes*, by testing their eyes regularly.

In endorsing and supporting this year’s theme, the Minister also provided some ways one can *#LoveYourEyes* (credit to the International Agency for the Prevention of Blindness). These included:

- Follow the 20/20/20 rule to give your eyes screen breaks
- Spend time outside
- Wear sunglasses outside
- Wear Prescription glasses if you need them

- Eat a healthy diet
- Exercise
- Book an eye test to detect problems before they arise
- Check your cosmetics to avoid eye infections
- Don't smoke

The Ministry of Social Development and Family Services remains available to provide continued support and guidance to the Blind Welfare Association, as well as the entire blind and visually impaired community.

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For more information:

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