



IN OBSERVANCE OF

WORLD SIGHT DAY 2022

OCTOBER 13

The Ministry of Social Development and Family Services joins with the global community, in observance of World Sight Day 2022. 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

Here are some ways you can **#loveyoureyes***:

- 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.

*Credit to the International Agency for the Prevention of Blindness

I urge all citizens to **#loveyoureyes**, by prioritizing regular treatment and testing of your eyes.

Senator the Honourable Donna Cox
Minister of Social Development and Family Services