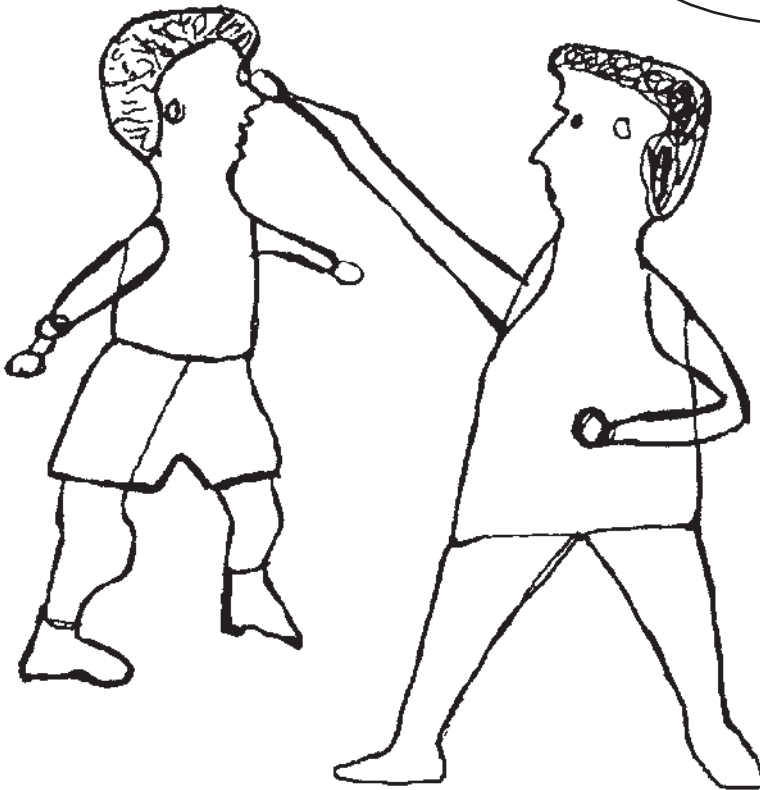


3 Prevent blindness from accidents

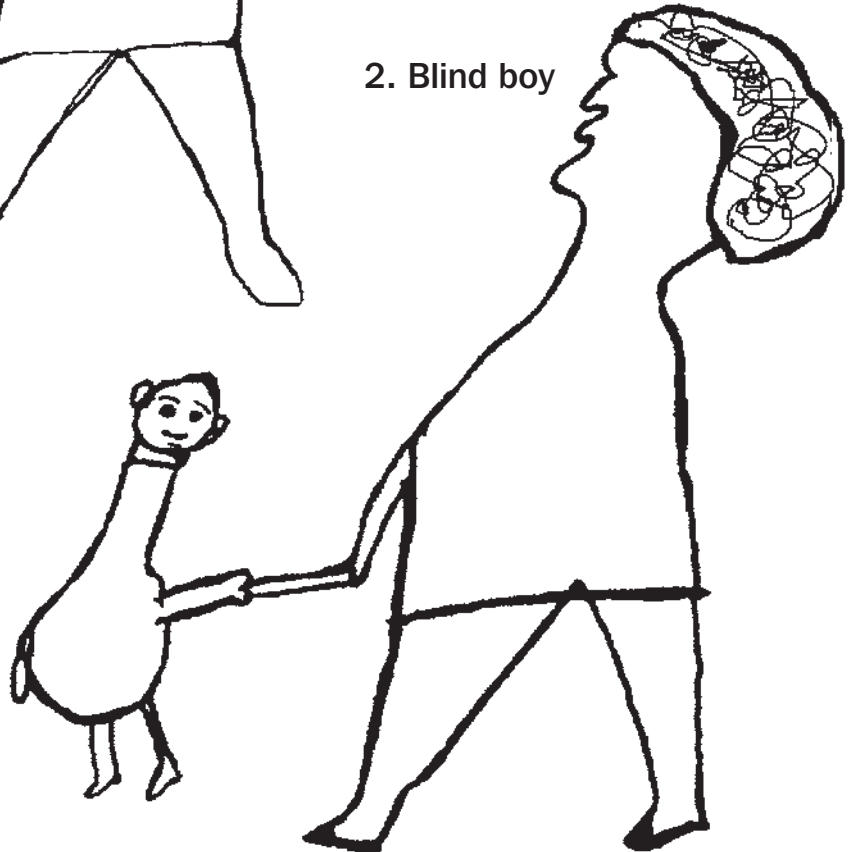
1. Fighting



There are many kinds of things that can damage the eyes



2. Blind boy





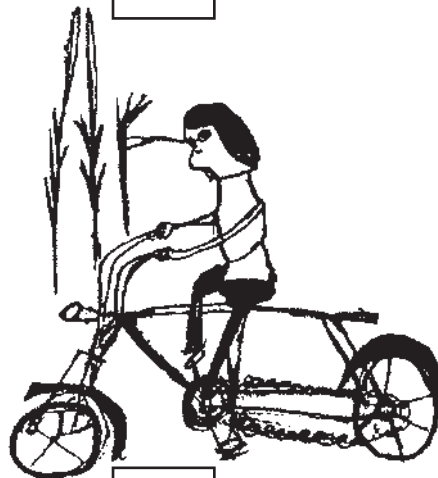
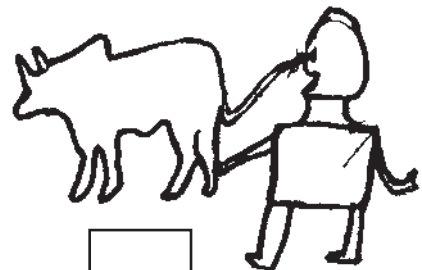
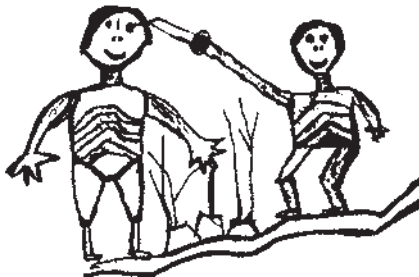
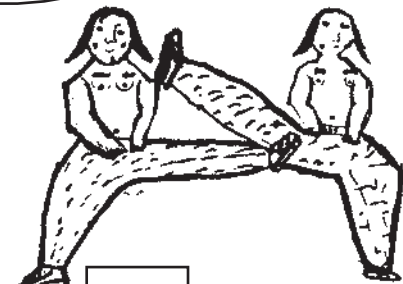
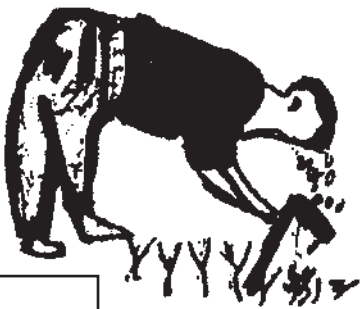
Class Activity

What is happening in these pictures?

Look at these pictures. What kind of accident do you think is happening? Is it...

- A** things hitting the eyes
- B** things piercing the eyes
- C** things falling in the eyes
- D** things burning the eyes

Write the letter you think it is – **A, B, C** or **D** – in the box under each picture



Things can hit the eyes



What should you do if something hits the eyes?



These boys were playing football. One boy kicked the ball into the eye of his friend. The eye became very red and painful.



Class Discussion

What should the boys do now?

Things can pierce the eyes



What should you do if something pierces the eyes?



Long ago there was a boy called Kireku. He was cutting a tree. By bad luck the tree he was cutting pierced his eye. He ran home. When his mother saw him she cried and said, "Quickly, I will take you to hospital!"

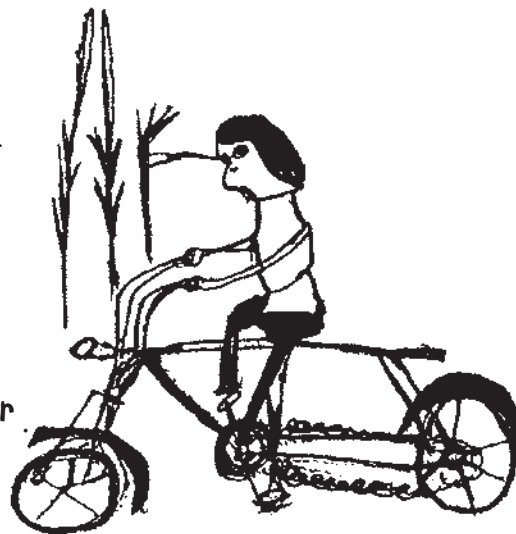
When they discharged him from hospital, the eye was dressed with a bandage. Kireku was told to go back to the hospital after one week to check if the eye was cured.



Class Discussion

Did Kireku's mother do the right thing?
What else could she have done?

This boy was riding on his bicycle. On the path, a piece of long dry grass poked him in the eye and it remained there. He rushed home to his mother.



Class Discussion

Should the boy's mother pull out the piece of grass from her son's eye?

Things can go into the eyes

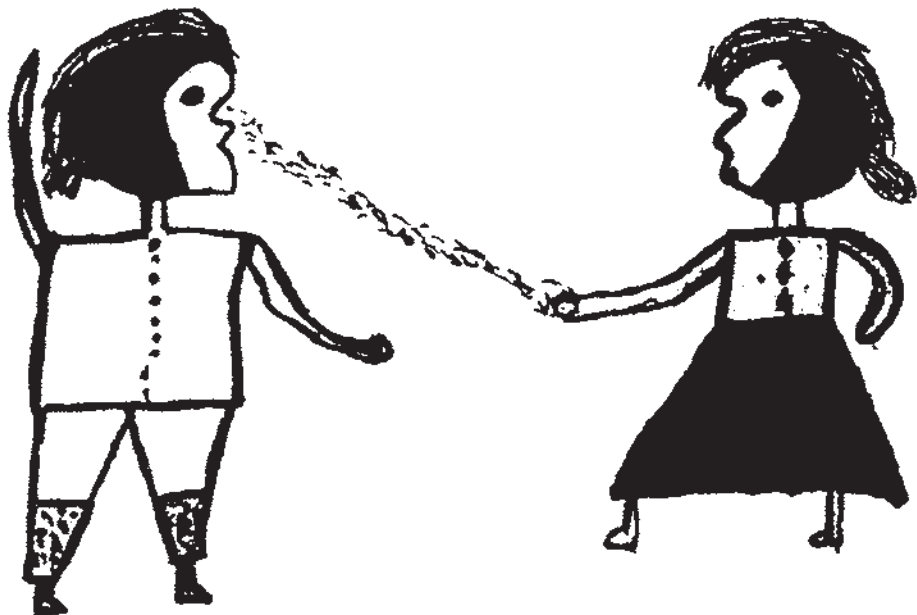


What should you do if something goes into the eyes?



A piece of wood went into Ana's eye when she was chasing a goat.

These children are throwing sand into each other's eyes.



Class Discussion

What should you do if something goes into the eyes?

Things can burn the eyes



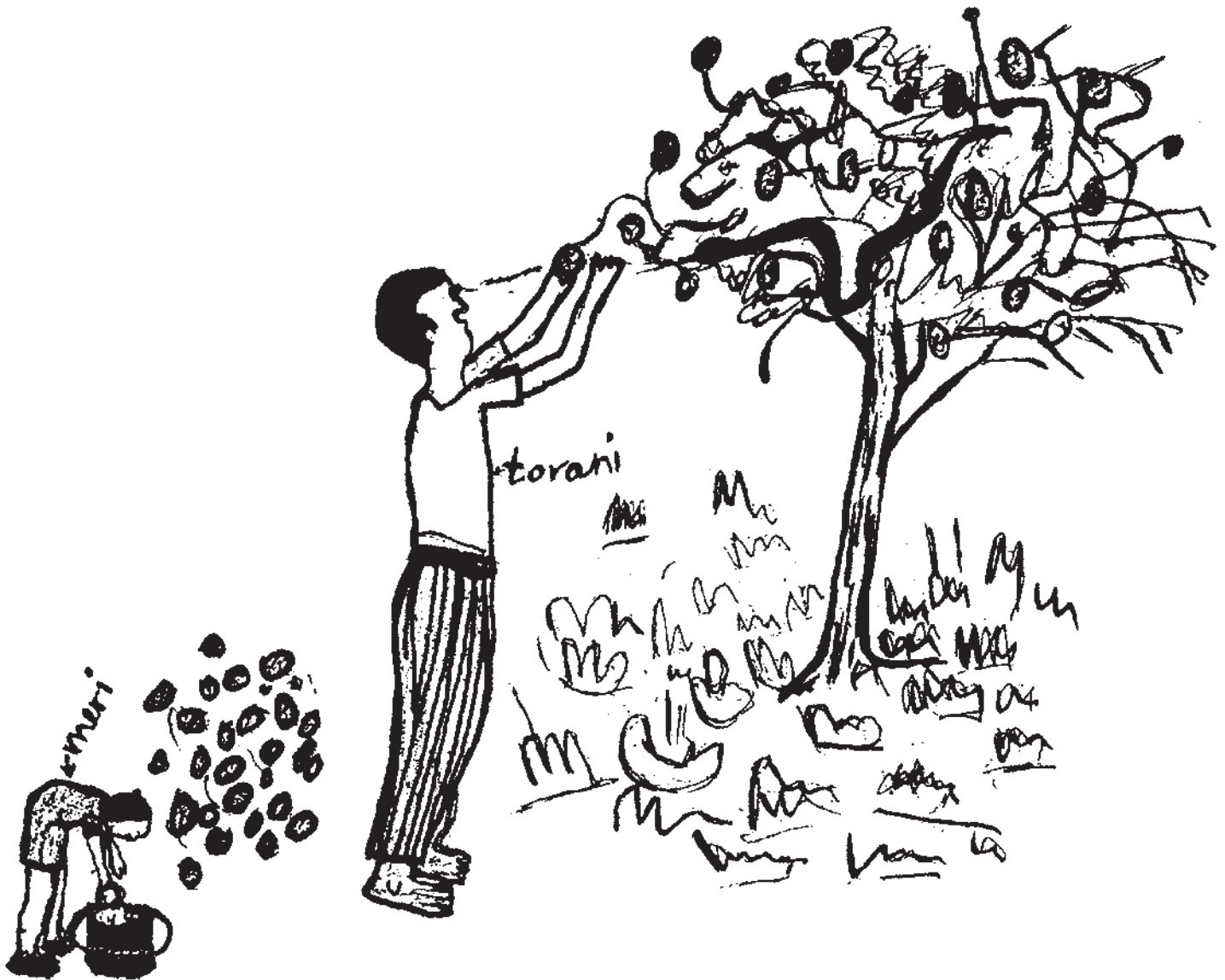
What should you do if there is something burning the eye?



Zione's mother was cooking porridge. The girl was standing near to where the mother was cooking. When they were talking the porridge jumped into her eyes and that was the time when her eyes were damaged. She did not find help and she remained blind.

Zara had a little sister called Bibi. One day Bibi was playing in the kitchen. When no one was watching her, she took the top from a bottle and by accident the liquid inside jumped into her left eye. She screamed with pain saying "Oowee, oowee, its burning mama, its burning mama!" Zara knew that the liquid was for cleaning, and she called her mother to come quickly.





Torani and Meri were picking mangoes. The snake was in the tree. Saliva came straight from the snake into Torani's eye. Meri did not know what to do to help him. From that day the eye was destroyed.



Class Discussion

Make a list of all the things which can burn the eye, for example lime, bleach, battery fluid. Read the instructions on page 19 on how to wash an eye which has been burnt with chemicals or snake spit.



Health Messages

What to do if an accident damages the eye



1

Do not panic

Tell the person to sit down quietly. Tell the person not to touch the eye.

2

Go and get help

Call the teacher if you are at school. Call your parents if you are at home.

You can help save a person's sight if you act calmly and quickly.



3 Take the person to the nearest clinic or health centre

It is good to have an accident plan. Think about where the nearest health centre is, and what transport could be used to get there.

4 Do not put any medicines in the eye

If you put anything except water in the eye without the health worker's advice, the person could become blind.

First aid for eye accidents

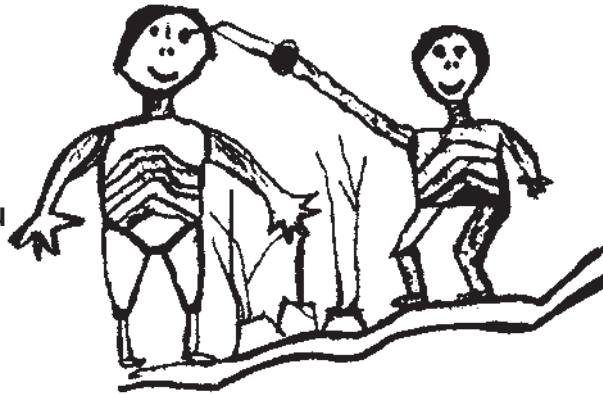


If something hits the eye

- Do not try to feel if the eye is there.

If something pierces the eye

- Do not try to pull it out.
- Do not delay to get help. If you waste time, the person might lose the vision in the eye.



If something falls in the eye

- Do not try to remove it yourself.
- Sit quietly for 10 minutes with your eyes closed. This might bring the thing out with tears.
- Do not rub your eye.
- If it is something small like sand, you can “look in water”. Get a basin or bucket of water and put your face into it. Open your eye in the water for some minutes to let the thing wash out.

If something burns the eye

- Wash the eye for a long time with clean water. See how to wash the eye on page 19.



Home Activity

Find out where is the nearest health centre or clinic where you can go for help if someone is hurt in the eye.

Write it here

Simple first aid for injured eyes

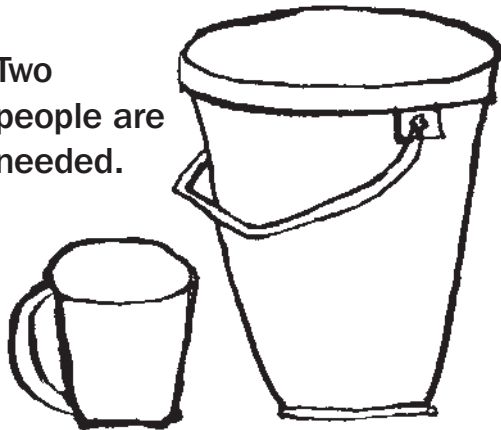


Class Activity

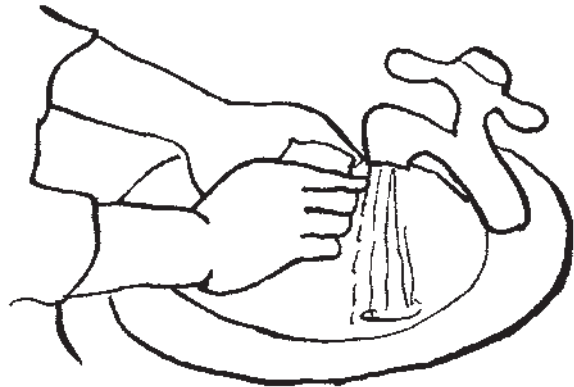
How to wash the eye

Make a group of three with your friends. Imagine that one friend has something burning the eye. Practice washing the eye of your friend.

Two people are needed.



You will need: A cup or leaky tin and a bucket of clean water



Wash your hands



Ask the person to lie down with the head tilted towards the side of eye that is hurt. One of you should open the eyelids and keep the eye open.

The other person should pour water into the eye from a distance of about 15 cm (two hands away). Keep pouring for 20 – 30 minutes.

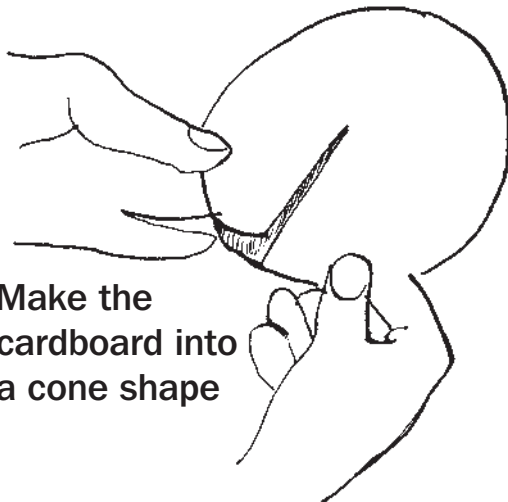
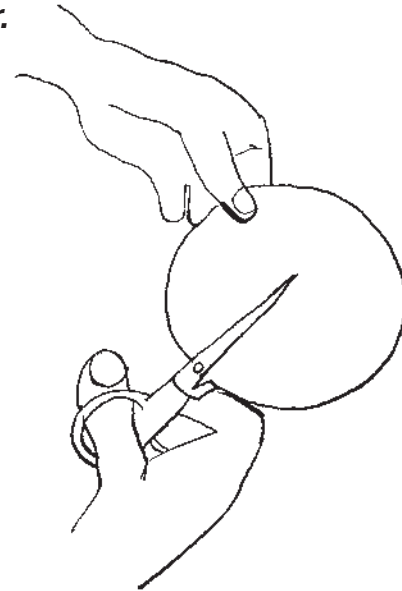
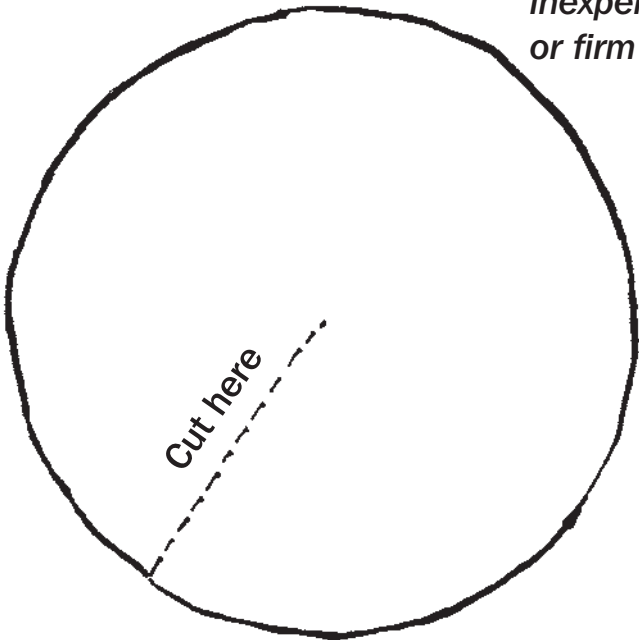
Put an eye shield on the eye before taking the person to a clinic. When you have done this, look for more help.



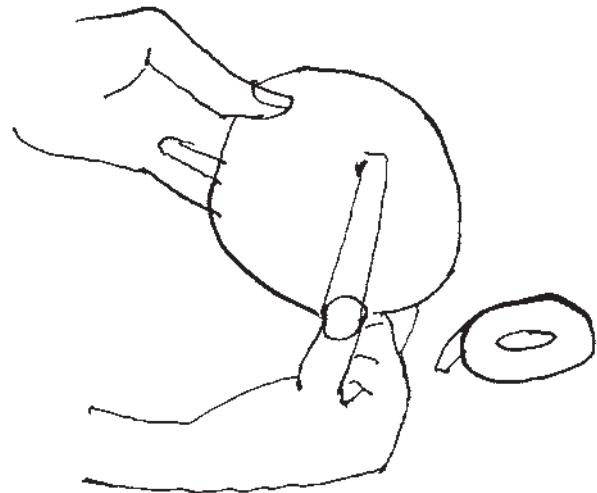
Class Activity

How to make an eye pad

Many eye injuries happen at some distance away from a health centre. It helps to cover the eye to protect it during the journey to hospital. Making an eye shield is easy and inexpensive. It can be made from cardboard or firm paper.



Make the cardboard into a cone shape



Secure the cone shape with tape



To apply: attach one piece of tape to the cone and place over the affected eye. Add a second piece of tape to secure the shield