

# 7 Do not treat eye problems yourself

Eyes are very precious. If there is something wrong with them, ask the right person for help. The wrong treatment can lead to blindness.





When Atinga was about five years old his mother was preparing supper and she told him to fan the fire. When the boy was fanning the fire, a piece of charcoal jumped into his eye. He rubbed his eye with his hand. The mother was worried and sent for his father. The father took him to a man who used herbs on his eyes. This made Atinga's eyes become swollen and finally he became blind.

Hamuka's mother is now blind. Hamuka told us that her mother had been blind ever since Hamuka was a child. It started when she had sore eyes. Her grandmother suggested using a baby's urine as eye drops. She did this. One night, Hamuka's mother felt a sharp pain in her eyes. She went to the hospital the next day. When she saw the nurse, she was told that the eyes will not be able to see again. Hamuka's mother said, "But it was only the urine of a baby!" From that time she has to be led to any place she wants to go because she cannot see anymore.



### Class Discussion

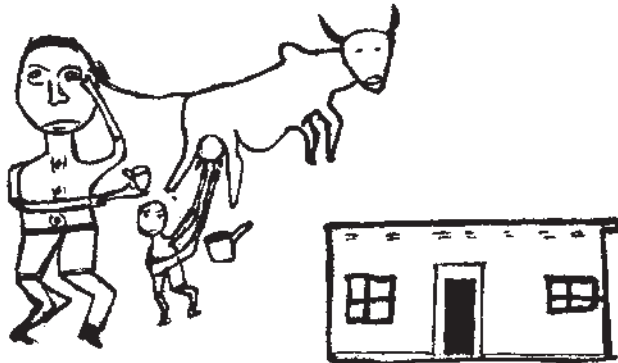
Why did Atinga become blind?

Why did Hamuka's mother become blind?



# Class Activity

Read these stories. Is it good or bad? put a tick beside the right answer.



This boy got paraffin in his eye. There was no water so he used cow's milk to wash his eyes.

GOOD

BAD



This girl burnt her eyes while playing with lime from the construction site. Her friends helped her wash her eyes with clean water for 20 minutes.

GOOD

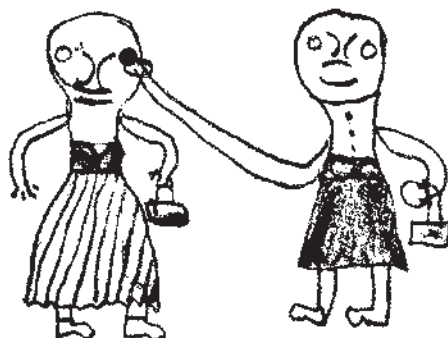
BAD



This man was hit in the eye with a beer bottle. They used tomato leaves to treat him.

GOOD

BAD



This girl was punched in the eye. They put in old eye medicine from the hospital which they had at home already.

GOOD

BAD



## Health Messages



Do not use any medicines unless prescribed by a health worker. Putting concoctions or the wrong medicine in the eye can damage the cornea and cause blindness.



- Never put medicines made from plants or animals or any other traditional treatment in eyes.
- Never use left over eye ointment.
- Never use anybody else's eye medicine.
- Do not treat yourself with chloroquin tablets because if used a lot it can damage your eyes.
- If your eyes are burnt, wash them with clean water only, do not use other medicine.