

KEEP YOUR EYES HEALTHY AND SAFE THIS SUMMER

Shopko
Optical®

PLAY OUTSIDE

Give your eyes a break from screens and enjoy the outdoors!



WASH YOUR FACE

Keep your face clean...including your eyelids! Gently wipe your eyelids with a soft cloth or cotton pad and water each day.



WEAR SUNGLASSES AND HATS

Sunglasses and hats protect your eyes from direct sunlight.

EAT HEALTHY FOODS

Nutritious foods such as fruits and vegetables promote healthy eyes.



GET YOUR EYES CHECKED

Eye doctors help you keep your vision strong.

The puppy and kitty got their eyes checked and can now see so well with their new glasses!

Glasses come in all different colors, shapes, and sizes. Color in the puppy and kitty to help them show everyone their new glasses!

