

Enter to win - participants must share a photo of their completed BINGO card and of themselves or their child completing one of the activities. Photos can be posted on Facebook, Twitter, or Instagram and must tag MyMyopia by November 5, 2021. The winner will be selected at random from all eligible entries. Participants must be located in the US to win. *The winner will be selected and notified the week of November 8, 2021.*

 @MyMyopiaInfo
  @my_myopia
  @my.myopia

B I N G O

Schedule an eye exam	Practice the 20-20-20 rule	1 hour of Outdoor Activity	Wear protective eye wear (blue light glasses, sunglasses)	Practice the elbow rule
30 minutes of Outdoor Activity	Spend less than 2 hours on digital screens today	Wear Sunglasses Outside	PRINT: 7-QUESTIONS-TO-ASK 	30 minutes of Outdoor Activity
WATCH VIDEO: 	Demonstrate the elbow rule to a friend or sibling	FREE SPACE 	One Parent wears glasses	Practice the 20-20-20 rule
Both parents wear glasses	PRINT: MYOPIA REFERENCE 	Completed an Eye Exam with Eye Doctor	WATCH VIDEO: 	SIGN UP: 
WATCH VIDEO: 	LIKE US ON FACEBOOK 	Practice the 20-20-20 rule —take a vision break	I have a friend who wears glasses	SUBSCRIBE ON YOUTUBE 

mymyopia.com

An awareness campaign sharing important on the childhood myopia epidemic to improve lifelong ocular health.