EYE CARE AWARENESS MONTH

PROTECT YOUR EYES. GET CHECKED.

1

PROTECT

Wear your eye protection, every time.

2

CHECK

Struggling to see? Glasses often fix it.

3

DIABETES

Diabetes can damage your eyes. Have them checked.

PROTECT YOUR EYES

- Goggles for grinding
- UV sunglasses outdoors
- Glasses if you struggle
- Eyewash for splashes
- Diabetes? Check your eyes

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

For a vision screening, speak to: _____

EYE CARE AWARENESS MONTH: LATE SEPTEMBER TO MID-OCTOBER.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: WHO blindness and vision impairment, diabetes and ultraviolet radiation fact sheets; Physical Agents Regulations 2024; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.