

# Healthy Eyes

Burkina Faso



Always wash your hands  
before touching your eyes.



# Eat these foods to keep your eyes healthy:

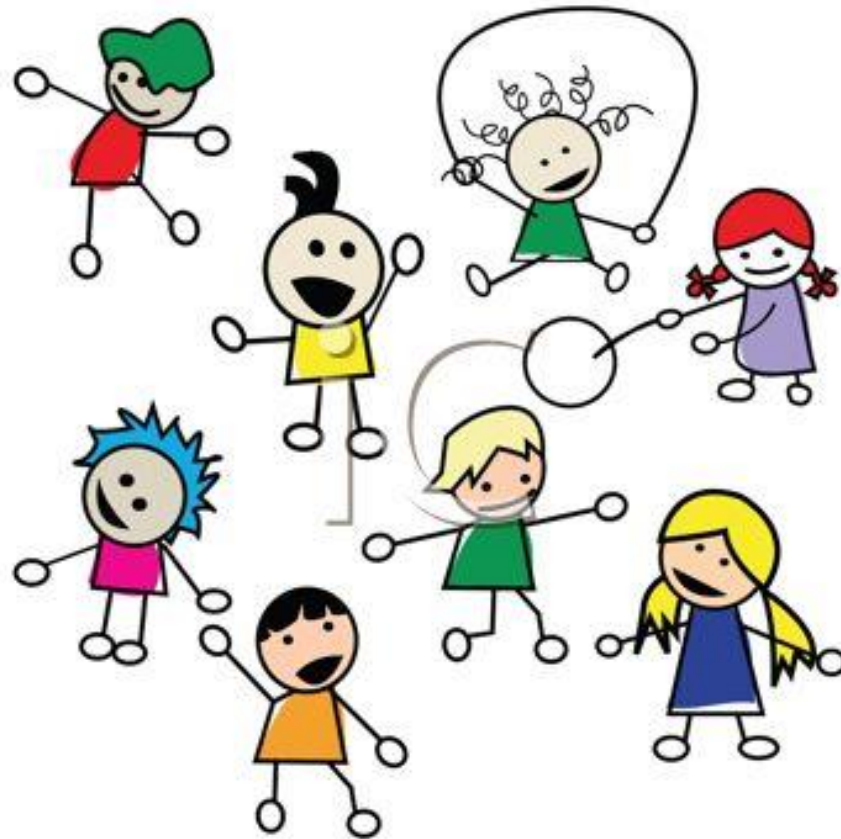
- Okra
- Onions
- Tomatoes
- Peanuts
- Corn
- Mangoes
- Moringa Tree Fruits, Leaves, and Roots
- Guinea Fowl and their eggs
- Baobab Tree Fruit



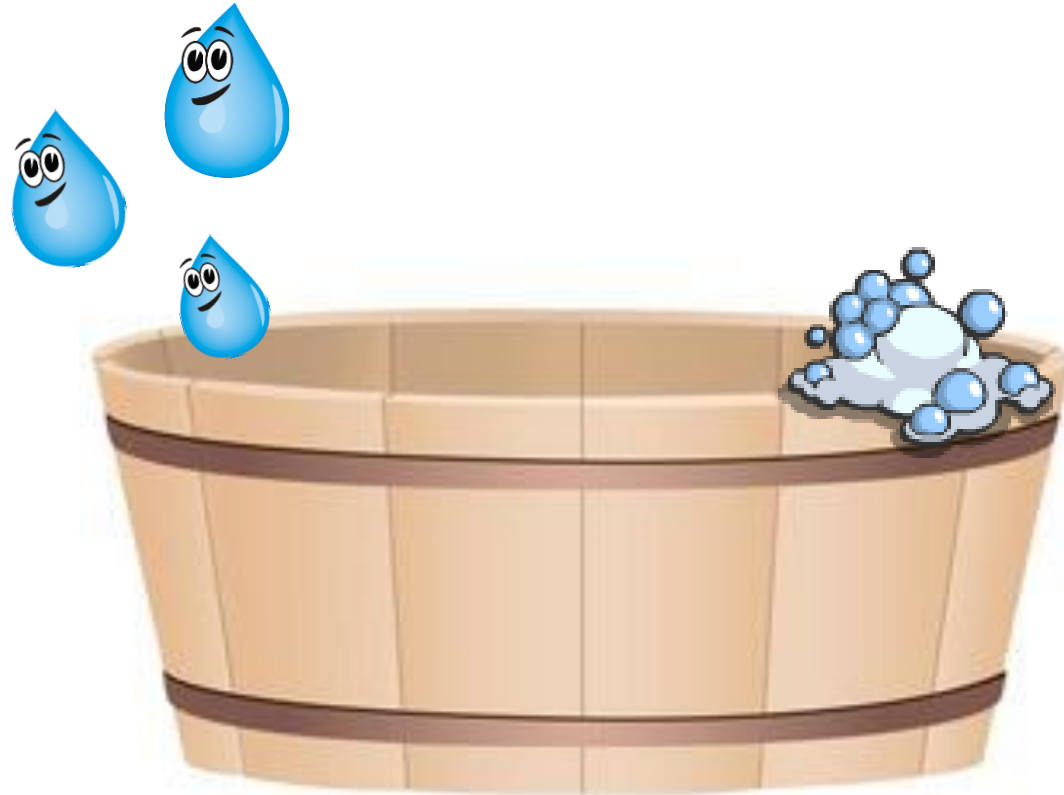
Wear a hat or sunglasses when under the sun.



Be careful when playing with objects that could injure your eyes, such as sticks or ropes.



Don't reuse water after bathing with it and close your eyes to prevent dirty water from entering them.



Make sure you keep your eyes closed when  
swimming in a river.



Tell an adult if your eyes turn red, start itching,  
or you can't see well.

