

Eye Health

Burkina Faso



The Basics

- Make sure to always wash your hands before touching your eyes to prevent infection.
- When bathing, try your best to use water only one time through. Don't reuse water after bathing with it.
- Close your eyes to prevent dirty water from entering your eyes.
- Using unsterilized water can lead to eye infections.
- Stay out of sun as much as possible and wear protective eyewear and hats to limit your exposure. Long exposure to sun can lead to eye damage.
- Be careful when playing with sticks or any object that could damage your eyes.



Signs of Eye Infection

- Redness and itching
- Discharge of pus in the eye
- Swollen eyelids
- Sensitivity to bright light

If any of these symptoms appear, consult a doctor immediately.



What to Eat

1. **Okra, Tomatoes, and Onions** contain vitamin C which help you absorb nutrients and repair damaged tissues.
2. **Peanuts** are a good source of protein which helps build and repair tissues.
3. **Corn** is rich in vitamin A which helps your body repel bacteria, maintain healthy vision, and slow declining retinal function.
4. **Mangoes and the Moringa tree (fruit, roots, and leaves)** are good sources of vitamin A and C and are rich in many minerals.
5. **Guinea fowl** are rich in vitamins E and B along with many minerals. The fowls along with their eggs are excellent sources of protein.
6. **Baobab** tree fruit is rich in vitamin C and protein.



How to Use Eye Wash

1. Wash your hands before touching your eyes.
2. Tilt your head back and pull down your lower eyelid with your fingertip.
3. With your other hand, hold the bottle and squeeze a light stream of solution into your eye.



Something in Your Eye

- o Wash your hands before touching your eyes.
- o Try to blink to allow tears to flush it out.
- o If needed, pull your upper eyelid out and over your lower eyelid to flush out the eye.