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FROM
AMERICAN MEDICAL ASSOCIATION
535 NORTH DEARBORN STREET
CHICAGO, ILLINOIS 60610

HEALTH AND SAFETY TIPS

(PARTICLE IN EYE)

TIME: 60 SECONDS

WORDS: 144

HERE'S TODAY'S HEALTH TIP FROM THE AMERICAN MEDICAL ASSOCIATION --
WHEN A FOREIGN PARTICLE LANDS IN YOUR EYE, DO THE EYE A FAVOR AND
KEEP YOUR HANDS OFF. RUBBING THE EYE, OR POKING INTO IT WITH A
FINGER OR HANDKERCHIEF, INCREASES THE IRRITATION AND MAY CAUSE
INFECTION. IF LEFT ALONE, THE PARTICLE WILL PROBABLY BE WASHED BY
TEARS TO THE INSIDE CORNER OF THE EYE. THEN IT WILL WASH AWAY.
A PARTICLE TOO LARGE TO BE WASHED OUT, OR ONE THAT CAUSES SEVERE
IRRITATION, SHOULD BE REMOVED BY A DOCTOR. OCCASIONALLY, A
FOREIGN PARTICLE PENETRATES THE SURFACE OF THE EYE. SOMETIMES
THIS HAPPENS WITHOUT THE KNOWLEDGE OF THE VICTIM. THE INJURY
MAY BECOME APPARENT AFTER DAYS OR WEEKS. PAIN, REDNESS OF THE
EYE, OR IMPAIRED VISION ARE TYPICAL SYMPTOMS. A FOREIGN PARTICLE
EMBEDDED IN THE EYE REQUIRES IMMEDIATE MEDICAL ATTENTION.

August, 1977

Frank Chappell
Science News Editor

FROM
AMERICAN MEDICAL ASSOCIATION
535 NORTH DEARBORN STREET
CHICAGO, ILLINOIS 60610

HEALTH AND SAFETY TIPS

(PARTICLE IN EYE)

TIME: 20 SECONDS

WORDS: 55

HERE'S TODAY'S HEALTH TIP FROM THE AMERICAN MEDICAL ASSOCIATION --
WHEN A FOREIGN PARTICLE LANDS IN YOUR EYE, DO THE EYE A FAVOR AND
KEEP YOUR HANDS OFF. RUBBING THE EYE ONLY INCREASES THE IRRITATION.
SO DOES POKING INTO IT WITH A FINGER OR HANDKERCHIEF. IF THE
PARTICLE DOESN'T WASH OUT BY ITSELF, CONSULT A DOCTOR.

August, 1977

Frank Chappell
Science News Editor