

HKSH Ophthalmology Centre

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Service Hours

Monday to Friday: 9:00 am – 5:00 pm
Saturday: 9:00 am – 1:00 pm
Closed on Sundays and Public Holidays
Consultation by Appointment

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Service Hours

Monday to Friday: 9:00 am – 5:00 pm
Saturday: 9:00 am – 1:00 pm
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For enquiries and appointments,
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Electronic Screen Devices and Eye Health in Children



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養和眼科部

HKSH Department of Ophthalmology

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Children nowadays often come into contact with electronic screens such as computers, smartphones, and televisions during learning, leisure, and social activities. However, prolonged use of these devices can lead to eye and vision problems, including eye discomfort, eye fatigue, dry eyes, headaches, blurred vision, and even double vision. If children exhibit any of these symptoms or frequently narrow their eyes to see, parents should arrange for an eye examination to ensure their eyes are developing healthily and their vision meets the demands of daily activities and learning.

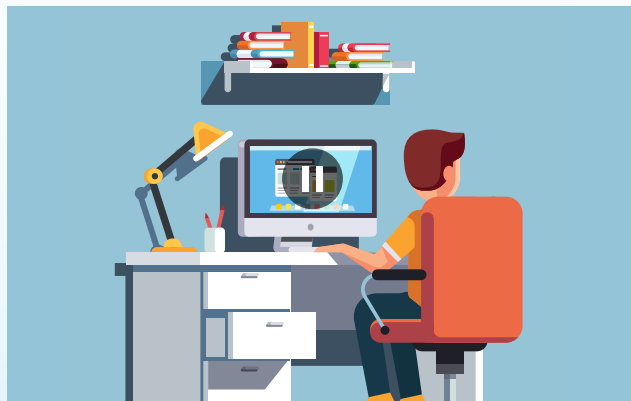
Tips for Children Using Electronic Screen Devices

Screen Time Limits

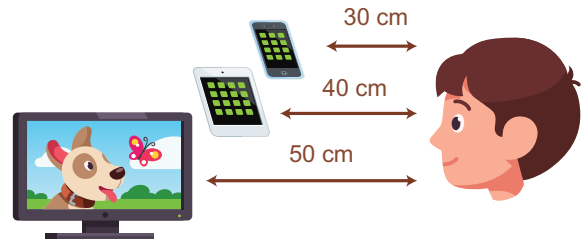
- **Under 2 years old:** Not recommended
- **2 to 5 years old:** Less than 1 hour per day
- **6 to 12 years old:** Less than 2 hours per day (excluding educational purposes)

3B Eye Care Principles

- **Blink** frequently to help reduce eye dryness
- **Break:** Take regular breaks following the "20-20-20" rule; every 20 minutes, take a pause and look at something 20 feet away for at least 20 seconds to relax the eye muscles
- **Be a Role Model:** Parents should set a good example by using electronic devices properly



Maintain Proper Viewing Distance between Eyes and Screen



- **Smartphones:** At least 30 cm away
- **Tablets:** At least 40 cm away
- **Desktop computers:** At least 50 cm away

Safe Use of Computers

- **Proper Posture:** Maintain a straight posture with head, shoulders, and waist aligned
- **Proper Position:** Place desktop computers or tablets at a suitable height with the top of the screen at eye level
- **Adequate Lighting:** Adjust screen brightness and contrast to a comfortable level for the eyes



Prolonged and continuous use of electronic screens by children increases the risk of developing myopia or worsening existing myopia rapidly. It also carries the long-term risk of severe eye diseases due to high myopia, elongated eyeballs or other issues. Therefore, parents should help children develop healthy habits regarding the use of electronic screen, avoid excessive use of these devices for leisure, take frequent breaks to prevent eye strain, and encourage outdoor activities and looking at distant objects. Putting these practices in place will safeguard children's eye health in the long run.