

Vision Warnings

William H. Stewart, M.D.
State Health Officer

For all of us, a continuing awareness of our vision is the most obvious way to care for our eyesight. Here are some of the signs which may indicate vision difficulty:

- o Eyes crossed--turning in or out--at any time.
- o Frequent headaches, nausea or dizziness.
- o Body rigidity while looking at distant objects.
- o Thrusting the head forward or backward while looking at distant objects.
- o Avoiding close work.
- o Short attention span or daydreaming.
- o Turning the head in order to use only one eye.
- o Tilting the head to one side.
- o Placing the head close to a book or desk when reading or writing.
- o Blurring of vision at any time.
- o Frowning or scowling while reading or writing.
- o Excessive blinking or frequent rubbing of the eyes.
- o Closing or covering one eye.
- o Losing the place while reading or difficulty in remembering what is read.
- o Unusual fatigue after completing a vision task.
- o Using a finger to keep one's place while reading.

April 18, 1976

Poor Eyesight Warning Signs Listed

William H. Stewart, M.D.
State Health Officer

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- o Blurring of vision at any time.
- o Frowning or scowling while reading or writing.
- o Excessive blinking or frequent rubbing of the eyes.
- o Closing or covering one eye.
- o Dislike for tasks requiring sustained visual concentration.
- o Nervousness, irritability, or restlessness after visual concentration.
- o Losing the place while reading or difficulty in remembering what is read.
- o Unusual fatigue after completing a vision task.
- o Using a finger to keep one's place while reading.

April 18, 1976

Law Requires Five PreSchool Shots

William H. Stewart, M.D.
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Louisiana law requires children entering public school (including kindergarten) for the first time to be immunized against diphtheria, tetanus, whooping cough, poliomyelitis, and measles, or to show evidence that they have started on their immunization program. (Complete immunization includes recommended booster shots.)

This protection is available to all children in the state, regardless of the family's income. If you cannot go to a private physician, ask your parish health unit about free immunization clinics.

Health units keep immunization records on all children they serve, so if you have any questions about what "shots" your child has already had, or needs, you should ask the health unit clerk.

The immunization law was passed so that all children will have a chance to enjoy good health. Immunization protects the individual from disease, and also prevents disease from spreading. It is especially important, for instance, that pregnant women not be exposed to rubella (German measles). This disease can kill or cripple an unborn child. Measles immunization usually is given as a 2-in-1 dose that protects against measles and rubella, or a 3-in-1 dose to protect against measles, rubella and mumps.

Parents shouldn't put off getting the required immunizations until the week before school opens.

April 25, 1976

Pre-School Shots

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April 25, 1976

Officers, Bureau Heads, Section Chiefs, Program & Unit
Administrators, Regional and Area Medical Consultants,
Parish Health Units, Branch Offices, Regional and Laboratory
Personnel

John Shirley Gullory, Public Health Education Officer,
Office of Health Education

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