

# Eye Test at Home

Prepare the followings

- 1 Target : Cut off the rings at the bottom of this page and paste them on an approximately 20 centimeter square's piece of white paper as a target. (Refer to the Figure1)
- 2 Eye patch : Fold a gauze sheet or single sheet of Kleenex into 5 centimeter square in size. Place and attach it over an eye with a bandage or piece of scotch tape ensuring the child cannot peep.
- 3 Ruler or tape measure to measure a distance.

How to Test

- 1 Perform a test in a room with brightness where you can easily read books.
- 2 Make practices of the eye test.
  - (1) Hold up the target and facing your child eye-to-eye at a distance of about 1 meter from him/her. Use the target with a bigger ring and start a practice with his/her both eyes opened first.
  - (2) Get the child answer which direction the cut is facing in with his/her finger or hand or giving him/her a board of the target and ask him/her to hold up the target with the cut in the same direction as yours, the same as the figure 2.
  - (3) Hold the target with the cut facing 4 directions: upward, downward, left and right. Hide the target before you turn it around each time.
  - (4) If the child can answer properly at a distance of about 1 meter, step away from the child and try again standing at a distance of 2.5 meters (measure the distance as accurate as possible) from the child.
  - (5) Try and see if the child can answer which direction the cut is facing in properly with the both eyes opened.
  - (6) Make practices with one eye covered. Practice with one eye covered first and the other the next time.
- 3 Start the test making sure that the child understood the rules of the test.
  - (1) Perform a test using the target with a smaller ring at a distance of 2.5 meters as it has been done with the target with the bigger ring.
  - (2) Firstly, start the test with the both eyes opened. Turn the target around with the cut facing upward, downward, left and right. You can deem it as "viewable" if the child can answer correctly more than three times showing the target with the cut facing in 4 directions upward, downward, left and right.
  - (3) Cover the left eye and exam the eyesight of the right eye. However, if the child cannot see well or refuses to cover the left eye, exam the left eye first. Exam the eyesight as it has been done with the both eyes opened.
  - (4) Cover another eye with the patch and perform the eye test again.
  - (5) Write the results in the column for <Result of Eye Test> on a questionnaire.

Figure1 How to hold the target

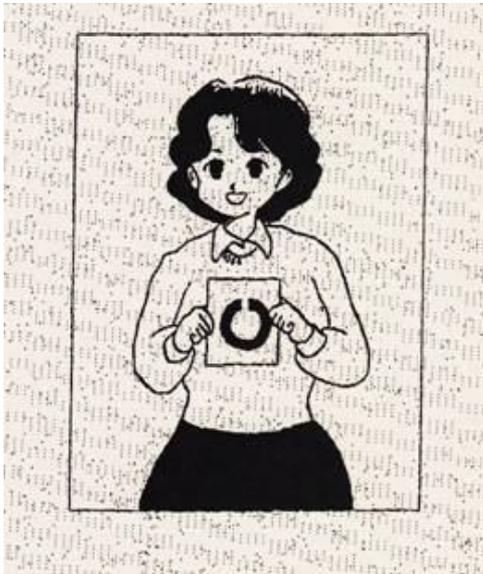


Figure2 How to answer

