



METROCARE
Health Systems, Inc.

Pangalagaan ang Mata: August Health Reminder

August 2026



August is **National Eye Care Month**, a reminder that **eye health (kalusugan ng mata)** is essential for safe and productive work. Many workers are exposed to dust, debris, bright sunlight, chemicals, and long hours of screen use. These conditions increase the risk of eye strain, infections, and injuries.

This bulletin highlights common eye problems and simple ways to protect your eyesight.

Common Eye Problems Among Workers

1. **Eye Strain** (Pagod sa Mata)

Caused by long screen use, poor lighting, or focusing on tasks for too long.

Symptoms: blurred vision (malabong paningin), headaches, dryness.

2. **Conjunctivitis / Sore Eyes** (Impeksyon sa Mata)

A contagious infection that spreads through touch or shared items.

Symptoms: redness (pamumula), itching (pangangati), tearing (pagluha).

3. **Foreign Body in the Eye** (May Pumasok na Dumit sa Mata)

Dust, metal fragments, or small particles may enter the eye, especially on worksites.

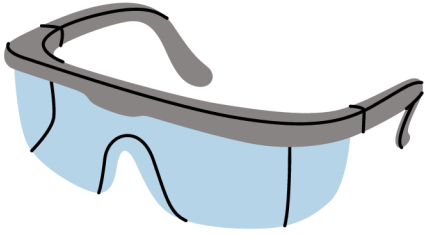
Symptoms: pain, tearing, discomfort when blinking.

4. **UV Damage to Eyes** (Pinsala ng Sikat ng Araw sa Mata)

Outdoor workers are exposed to strong sunlight which can harm the eyes over time.

Symptoms: sensitivity to light, eye discomfort, blurred vision.

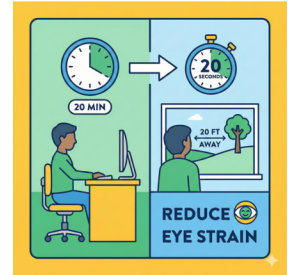
Six Eye Care Habits for Workers



Wear Proper Eye Protection



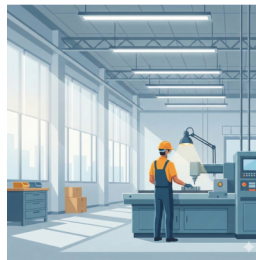
Avoid Touching Your Eyes



Follow the 20-20-20 Rule for Screen Users



Clean Tools and Workspaces



Use Proper Lighting



Seek Medical Care for Eye Pain or Vision Changes

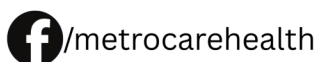
If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Inc.**, we understand the everyday health challenges that many Filipinos face. As a trusted HMO serving workers across industries, especially contractual, project-based, and blue-collar employees, our mission is to provide healthcare that is accessible, affordable, and reliable.

With over 25 years of expertise, Metrocare continues to protect and promote the well-being of Filipino workers through healthcare programs designed around their real needs. Our preventive health efforts, our accessible network of facilities, and our commitment to honest and efficient service reflect our goal to support every member with genuine care.

This is the kind of care we offer. **Alagang Metrocare.**



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.