

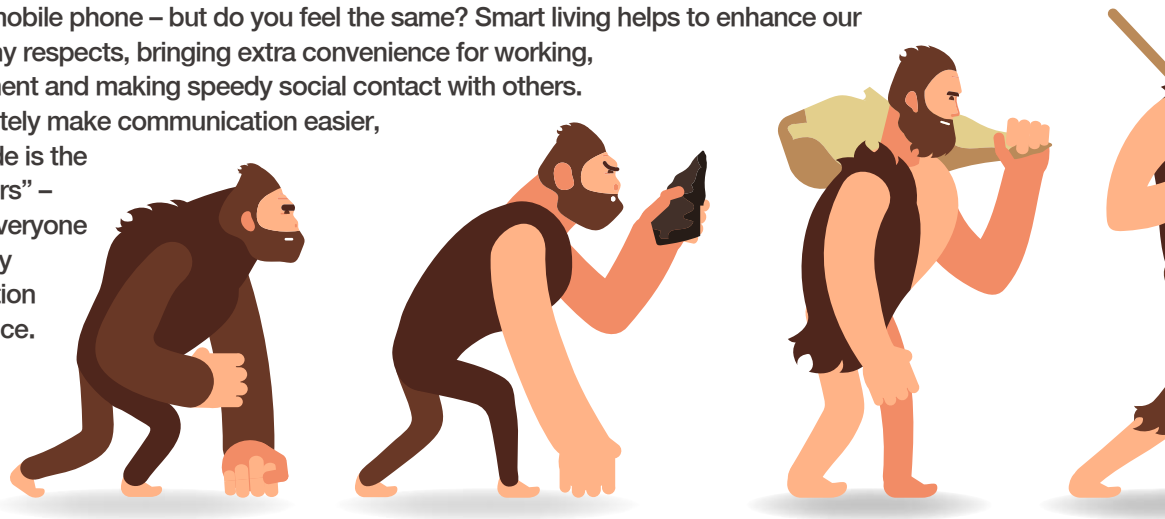
機不離手 眼睛健康要留神

Your Phone is Ruining Your Health

「出街可以唔帶銀包，但唔可以唔帶手機」，你有沒有同感？

智能生活為大家帶來無限方便，無論是工作、娛樂，或是社交聯繫，手機都成為了重要的溝通工具。無時無刻盯著手機，機不離手，隨時變成低頭族。

“You don't need your wallet when going out now, just your smartphone”. Many people certainly can't exist without their mobile phone – but do you feel the same? Smart living helps to enhance our quality of life in many respects, bringing extra convenience for working, enjoying entertainment and making speedy social contact with others. Smartphones definitely make communication easier, though the downside is the number of “phubbers” – those who ignore everyone around them as they focus all their attention on their mobile device.

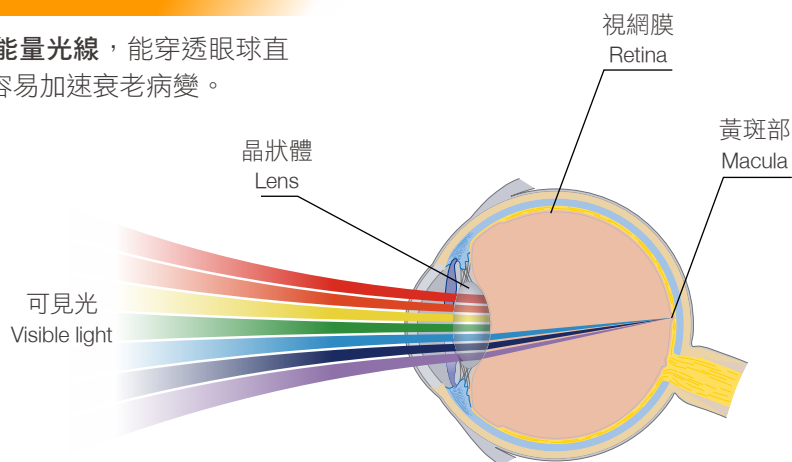


藍光威脅 直達眼底

How Blue Light Can Affect Eye Health

電子屏幕會不斷釋放藍光，而藍光屬高能量光線，能穿透眼球直達視網膜及黃斑部，產生大量游離基，容易加速衰老病變。

Blue light produces **high amounts of energy** and will pass straight through the eyes to the back of your retina and macula, causing the **production of free radicals** and prematurely age the eyes.



藍光影響眼睛，直達黃斑部

Blue light affects eye health, passing straight through to macula

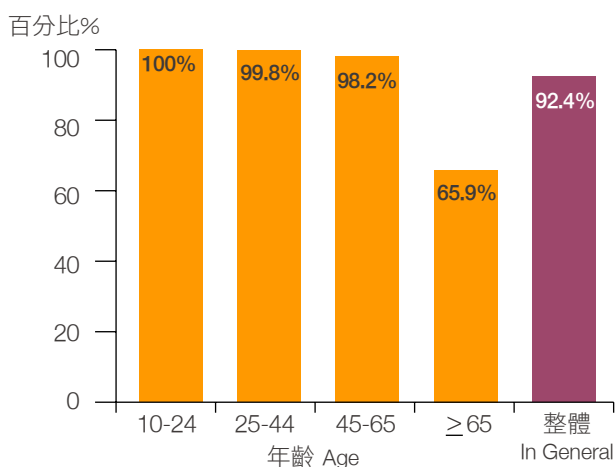
科技改變我們的生活 Technology is Changing Our Lives



過去 In the past	現在 Now
 <p>閱讀報章 Read a newspaper</p>	 <p>透過新聞應用程式/社交平台 Get news via apps or social platforms</p>
 <p>講電話 Talk on the phone</p>	 <p>傳訊息/視像通話 Send chat messages or make a video call</p>
 <p>實時收看電視節目 Watch shows in real time on TV</p>	 <p>任何時間也可於線上重溫 Watch shows online at any time through different devices</p>
 <p>出外購物 Go out shopping</p>	 <p>線上購物及送貨 Online shopping and delivery</p>

任何年齡都需要關注眼睛健康 People of All Ages Need to Protect Eye Health

港人使用互聯網的年齡分佈¹
Age Distribution of Usage of the Internet by Hong Kong People¹



「眼睛健康」並非50+的專利。使用電子產品，增加眼睛暴露於藍光下的機會，容易影響眼睛健康。

根據政府數據所得¹，使用互聯網的港人年齡層廣泛；因此，任何年齡都需要關注眼睛健康。

“Eye health” is not an issue exclusive to the 50+ generation. **Constant use of electronic devices will increase the chance of eyes being exposed to harmful blue light and a greater chance that your eye health may be affected.** According to figures provided by the Hong Kong Government¹, there is a wide range of age groups among local people using the internet. That means it is important to take good care of your eyes whatever your age.

資料來源 Source :

¹ 香港政府統計處：主題性住戶統計調查第73號報告書 — 資訊科技使用情況和普及程度。

Census and Statistics Department: Thematic Household Survey Report No.73 – Information technology usage and penetration.