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**INDUSTRY STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

WS/T 773-2020

**Guidelines for the prevention and control of myopia in children
and adolescents during home quarantine of infectious diseases
(English Translation)**

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Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

Drafting organizations of this standard. Anhui Medical University, Beijing Center for Disease Control and Prevention, Shanghai Eye Disease Control Center, Tianjin Medical University, Peking University People's Hospital, Soochow University, School Health Care Institute of Yangjiang City, Guangdong Province.

1 Scope

This standard provides the main hygiene points, behavioral guidance, glasses wearing and testing of children and adolescents during home isolation during the infectious disease epidemic.

Guidelines for health protection of optical glasses.

This standard is applicable to all types of primary and secondary schools and school health

service agencies to carry out children and adolescents during the home isolation period of infectious diseases.

Prevention and control of myopia. Ordinary colleges and universities, other types of schools, as well as children, adolescents and parents can refer to it.

2 Terms and definitions

The following terms and definitions apply to this document.

Infectious disease epidemic Outbreaks and epidemics of infectious diseases caused by various pathogenic organisms (pathogens).

During the epidemic of infectious diseases, due to epidemic prevention and control requirements, certain groups of people are restricted from moving at home to reduce the risk of infectious disease infection.

Physical distancing/social distancing the spatial distance maintained in different social activities.

Screen time

Time spent watching products with electronic screens for entertainment purposes.

Note 1: Products with electronic screens such as computers, TVs, mobile phones and tablets (referred to as electronic products).

Note 2: Does not include online learning and video call time.

3.1 Use time of electronic products

3.1.1

The online learning time of primary school students does not exceed 20 minutes each time; the online learning time of middle school students does not exceed 30 minutes each time.

3.1.2

The daily screen time of preschool children should not exceed 1 hour, and the daily screen time of school-age children and adolescents should not exceed 2 hours. The younger children and adolescents should spend less time watching the screen.

3.2.1 Selection of electronic products

3.2.1.2

In the case of the same screen size, choose an electronic product with a high screen resolution.

3.2.2 Placement and viewing of electronic products

3.2.2.1

Electronic products should be placed away from windows and direct light, and the screen side should face the windows.

3.2.2.2

The viewing distance of the TV is not less than 4 times the diagonal distance of the screen, the horizontal viewing distance of the computer is not less than 50 cm, and the viewing distance of the mobile phone is not less than 50 cm.

The viewing distance is not less than 40 cm.

3.2.2.3

When viewing electronic products, the head and neck should be kept straight or slightly tilted forward to avoid sideways, excessive forward extension, backwards or excessive bowing of the head and neck.

3.2.2.4

When viewing electronic products, adjust the brightness to make the eyes feel comfortable, and avoid too bright or too dark.

3.3 Daylighting and lighting

3.3.1

Place the desk so that its long axis is perpendicular to the window. Natural light enters from the opposite side of the writing hand when studying during the day to avoid direct sunlight.

3.3.2

When the natural light is too strong during the day, it is advisable to use curtains to block the light, and adjust the curtains according to the angle of the sun.

3.3.3

The average illuminance value of the desktop is not less than 300 lx.

3.3.4

When the natural light is insufficient during the day, the ceiling light of the room should be used first; when the light is still insufficient, use the reading and writing desk lamp for auxiliary lighting.

3.3.5

For reading and writing at night, it is advisable to use the ceiling lamp in the room and the reading and writing desk lamp at the same time. The reading and writing desk lamp should be placed in front of the writing hand.

3.3.6

Use the LED reading and writing desk lamp with adjustable color temperature, the color temperature should be adjusted below 4000 K at night; the color temperature is not adjustable and the color temperature is higher than the 4000 K LED reading and writing desk lamp is not suitable for use at night. The blue light hazard level of the retina of the LED reading and writing desk lamp should be RG0.

3.3.7

It is not suitable to use naked lights without lampshades for lighting.

3.3.8

It is not advisable to place glass plates or other items prone to glare on the desk.

3.3.9

Avoid using electronic products in dimly lit environments, and avoid using electronic products before going to bed.

3.4 Desk and chair adjustment

3.4.1

When using an adjustable desk and chair, adjust the height of the desk and chair according to Appendix A according to the height of children and adolescents.

3.4.2

When using non-adjustable desks and chairs, according to "Children's and adolescents' thighs should be perpendicular to their calves when sitting on the chair, and their upper arms should be under the elbow should be lower than the table top 3 cm ~ 4 cm" principle to adjust the height of the desk and chair.

4.1 Screen and reading and writing gestures

4.1.1

When watching the screen, keep your shoulders relaxed, extend your upper back, your upper arms and forearms are at 90°, relax your wrists, and breathe regularly.

4.1.2

When doing homework, keep your eyes about one foot away from the book (about 30 cm), and your body about a fist (about 6 cm) away from the desk. Keep your fingers apart it is about an inch (about 3 cm) from the pen tip.

4.1.3

Reading books and watching electronic products without prone position.