

Healthy Use of Internet and Electronic Screen Products



10 Health Tips



1. Be physically active; consecutive use for more than one hour of internet and other electronic screen products is discouraged
2. Engage in interactive activities in real life
3. Limit screen time
 - **Under 2 years old:** Avoid contact with any electronic screen products except for interactive video-chatting under parents' guidance
 - **2 to 5 years old:** Limit screen time to one hour a day; Screen activities should be interactive and educational, and under guidance by parents or teachers
 - **6 to 12 years old:** Limit recreational screen time to less than two hours a day
 - **12 to 18 years old:** Adolescents should learn good time management, and take regular breaks if prolonged screen time for study purpose is unavoidable
4. **Follow the 20-20-20 rule:** take a 20-second break to view something at least 20 feet away for every 20 minutes
5. **30-40-50 principle:** keep a reading distance no less than 30 cm for smartphones, 40 cm for tablet personal computers and 50 cm for computers



6. Protect hearing, prevent accident and pay attention to hygiene
7. Ensure adequate sleep time and appropriate environment
8. Be aware of cyber-safety
9. Behave oneself when using internet and social networking sites
10. Restrict access to inappropriate content



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